

**130 Hypnotherapy
Prescription Scripts
For The Unconscious
Mind**

COLLECTED AND COMPILED

Volume 2

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MEANING OF SYMBOLS

Where you see 3 periods following a word, it means pause for 5 seconds. Three commas following a word mean pause for 3 seconds. Three question marks following a word mean pause for 5 seconds. The word "pause" following a sentence mean pause for 30 seconds to a minute.

Pauses are very important. They allow the client to continue moving into a deeper state of hypnosis. They give the unconscious level of the mind time to ponder what has been said. It makes the statement immediately following the pause much more effective.

PRESCRIPTIONS ARE WRITTEN FOR THE UNCONSCIOUS MIND

The inductions and prescriptions in this book and in Book No. 1 have been written for the unconscious level of the mind. Some of the grammar may seem incorrect, and some of the stories may seem immature, but remember that the unconscious level of the mind responds like a child six years of age. The mind should not be spoken to as if it understands like a college professor.

If a word may be understood more than one way, it should not be used if it can possibly be avoided. if it is used, it needs to be made clear to the mind the meaning that is intended. The word "peace" for example, may be taken to mean "piece."

Several years ago, I gave a man the suggestion, "other sounds and noises are fading away. Nothing will bother you."

I received a call from his wife a few days later telling me that since I hypnotized her husband, he didn't love her any more. When I re-hypnotized him and found out what had happened, we discovered it was from the statement "nothing

will bother you." His mind had accepted the statement literally. He hadn't stopped loving his wife. It was merely the fact that he was no longer concerned about anything anymore. He didn't care what his wife said or did. Nothing bothered him.

Another example, twenty to twenty-five years ago, if you told a client he would awaken from the hypnotic state "feeling peaceful and gay," his mind would have accepted it as awakening "feeling peaceful and happy." However, today that suggestion could cause the person to experience homosexual tendencies.

Every word spoken to a client in a hypnotic state needs to be carefully considered. If the mind can understand a word in a different way than the hypnotist intends the word to be understood, it may do so, and this could cause problems for a client.

CONVINCER NO. 1-- HEAYY AND LIGHT HAND AND ARM

(This technique can be used before hypnosis is induced to determine suggestibility, or after the client is in the hypnotic state as a way of deepening the state, or as a technique for revealing to the client the power of using the imagination.)

I want you to keep your eyes closed now and I'm going to show you the power you have in using your imagination.

Place both arms straight out in front of you now Turn your right palm so it is facing up toward the ceiling... Turn your left hand in a position so the left thumb is pointing up toward the ceiling... In just a moment I'm going to count from one to ten, and I want you to use your imagination... Pretend that you are holding an empty bucket in your right hand... The handle of the bucket is in your hand, and the bucket is hanging down below your hand... As I count to ten, each time I say a number I want you to imagine that I'm pouring heavy, wet sand into the bucket... You will feel the bucket getting heavier each time I say a number. . Your right hand and arm will keep moving dove more and more... By the time I say the number ten, your right hand and arm will feel so heavy it will resist your efforts to lift it ... The more you, try to lift it, the heavier it will become... However, your left hand ill, keep becoming lighter each time I say a number... Your left hand and arm will feel as though there is a string tied loosely around your left Wrist with balloons attached to the string...

The balloons are filled with Helium gas and are floating toward the ceiling, pulling on the string, causing hand and arm to keep becoming lighter each time I say a number.....

As I am counting to ten your right hand and arm keep feeling heavier and continue moving down more and more, while your left hand and arm feel lighter and keep rising up toward the ceiling....

One. Notice the feeling of heaviness in your right hand and arm... You feel the bucket getting heavier as I am pouring heavy, wet sand into it... Two.... The bucket is getting heavier... Three... The bucket is beginning to feel so heavy, it is becoming difficult to hold it up... It is moving down... Four... The heavy sand is putting more weight on your right hand and arm five...

Notice that your right hand and arm are moving down more with each number I say...

Your right hand and arm are getting very heavy... The more you try to hold it up, the heavier it feels... Six... Your right hand and arm are becoming extremely heavy... The heavy sand is pulling the bucket down more and more... Seven... After I say the number ten, you will try to lift your right hand, so you can notice that it is too heavy to lift... Eight... I'm pouring more heavy, wet sand into the bucket... You can feel it getting heavier. The bucket is extremely heavy now... The

bucket is almost full... It's far too heavy to lift... Ten... I'm filling the bucket to the top... Try to lift it, so you can notice how heavy it is...

Tell me how your right hand and arm feel now... (Wait for response.) Tell me how your left hand and arm feel... (Wait for response.)

Consciously you know you were not holding a bucket in your right hand and you know there was not a string tied around your wrist... Yet by raising your imagination, the unconscious level of your mind responded as though you were holding a bucket of sand in your right hand, and had a string tied around your left.

Now you are aware that when you imagine something the unconscious level of your mind causes your body to respond to what you imagine.

You can use that principle to help you (overcome that problem....) (Reduce your body to a weight level that is pleasing to you.....) (Develop your body exactly the way you want it to be.)

CONVINCER NO. 2 - HAND CLASP

(This technique can be used before hypnosis is induced to determine the client's suggestibility, or can be used after the client is hypnotized to help convince the client that the unconscious level of the mind actually controls the functions of the body.)

With your eyes closed now I would like to have you stretch your hands and arms in front of you, with the palms of your hands facing each other... Now put your hands together and interlock your fingers, and continue following my instructions.

I want you to use your imagination now and think of your hands as a vice with a piece of wood clamped between them... As I count to ten, with each number I say, you will keep clamping your hands more tightly together, as though they are clamping that piece of wood... By the time I say the number ten, you will have your hands clasped together so tightly that they will resist your efforts to pull them apart... You will try to pull them apart when I say ten, so you can notice that they keep clamping together more tightly...

One... Begin squeezing your hands together more tightly now so they will be stuck together by the time I say the number ten... Two... Feel the pressure of your hands clamping together even tighter now... You can feel them squeezing on the wood, like a vice that is closing tighter and tighter... Three... You are clamping the wood even tighter now... You can feel the vice causing the wood to become flatter... Four... The tighter your hands press together, the more they resist your efforts to pull them apart... Five... Your hands are clamped tightly together now... Notice that they already feel as though it would be difficult to pull them apart... Six... Seven... Your hands are feeling as though they are stuck together now... Eight... Feel the pressure getting even tighter now... Nine... After I say the next number you will, by to pull them apart so you can notice that they are stuck together... Ten... Test your hands now and notice that they are stuck together... (After the clients tests the hands briefly, say,) In just a moment I will touch your hands and they will come apart easily. As soon as your hands come apart you will drift into a much deeper hypnotic state...

This helps you to realize even more that the unconscious level of your mind controls the activities of your body.

CONVINCER NO. 3— THUMB AND FINGER STUCK TOGETHER

(Have client extend right or left hand out in front of him and press the thumb and right index finger together.)

Now that your thumb and index finger are pressing together, I want you to keep looking at them while I'm talking to you...

In just a moment (Mention client's name) I will be asking you to close your eyes and use your imagination... Before closing your eyes, I want you to think back to a time when you were a child in school... A time when you were getting ready to glue something together...

Okay, close your eyes now... Imagine that you are getting ready to glue something together... The teacher gives you some super glue and tells you to handle it carefully, and be sure you do not get it on your fingers because it is very powerful, and it is difficult to get anything apart once it has been glued together with that glue...

You are handling the glue very carefully, but you accidentally get some on your thumb, and as you are trying to get it off your thumb, you press your finger to your thumb and they become stuck together... The skin of your thumb and your index finger is stuck together... The super glue is so strong that only a tiny amount is all that is needed to glue anything together very tightly... Notice that your thumb and your index finger are sticking together tighter and tighter...

In just a moment I will count to five, and you will feel your thumb and index finger becoming more tightly glued together with each number 1 say... ten I reach the count of five, you will try to pull them apart so you can notice that they are tightly glued together, and you will be able to notice that they keep sticking together more tightly the harder you try to pull them apart...

One... Feel the glue sticking more tightly... Two... Your thumb and your index fingers are stuck together tightly... Three... Notice that they are already glued together so firmly that they resist your efforts to pull them apart...

Four... When I say the next number, you will try to pull your thumb and index finger apart so you can be aware that they keep sticking more tightly together... Five... Notice that you

thumb and index finger are stuck tightly together now... Try to pull them apart now so you can notice them sticking together more firmly...

(After the client has tried for a moment, say :) As soon as I touch your hand, your thumb and index finger will come apart easily and you will go into an even deeper state of hypnosis.

(If you are doing this demonstration before hypnotizing the client, you can say :) This demonstration shows that you can achieve deep hypnotic state very easily. I will need to say your name and count from in to one and you will be in a deep hypnotic state... Your eyes will close You will become relaxed, calm, and comfortable... You will automatically continue responding to the suggestions, the guidance, and the recommendations that I tell you...

(If you are using this demonstration after the client is already in a hypnotic state, you can use it to convince the client of the power of his inner mind, and remind him that his mind causes his body to respond to what he imagines) (Then give suggestions to imagine his body perfect and healthy, just the way he wants it to be.)

CONVINCER NO. 4 - RIGID ARM

I want you to stretch your left arm out in front of you, as though you are reaching to touch the wall on the other side of the room... Now close your eyes and keep reaching toward the wall on the other side of the room, and notice your left arm becoming very rigid and stiff...

I want you to use your imagination now... Imagine that your left arm is as stiff as a board... Think of your left arm as being as stiff and rigid as a board...Extremely stiff and rigid... Notice that your left arm is becoming so stiff and rigid that it resists your efforts to bend it... In just a moment you will try to bend your left arm so you can notice that it keeps becoming stiffer and more rigid... The more you try to bend it the stiffer it will become...

Try to bend it now so you can notice that your left arm becomes stiffer and stiffer... (After the client tries to bend the arm, say :) You can notice that your left arm is really stiff now... It is so rigid and stiff that the more you try to bend it the stiffer it becomes...

Now you realize how powerful the unconscious level of your mind is... When you imagine something in the conscious level of your mind, the unconscious level of your mind receives what you imagine and causes it to happen...

'In just a moment I will count to three and you will be able to bend your left arm easily... One... Two... Three... You can bend your left arm easily now. Bend your arm and notice how easily it bends...

You can put your left arm down now into a position that feels comfortable to you...

Now you realize that when you think something in the conscious level of your mind, the unconscious level of your mind accepts what you think and causes it to happen... You can use that ability to help you (reduce your body to pounds.) (Restore your body to perfect health.) (Make reference to any other problem the client is working on.)

CONVINCER NO. 5 - FINGER SPREADING

Close your eyes and begin breathing in deeply... Each time you inhale, hold it for three or four seconds and exhale slowly... Do that five or six times... In just a moment I'm going to ask you to open your eyes and hold you're (right or left) hand up about a foot in front of your face... Keep the palm of your hand toward you with your fingers extended up toward the ceiling... I'm going to ask you to press your fingers together tightly... When you press your fingers together, you will notice all the feelings and sensations in your fingers and your hand...

Open your eyes now and hold your hand about a foot in front of your face... Extend your fingers up toward the ceiling, and press them lightly together.

You will notice that your fingers are beginning to feel as though they want to spread apart Concentrate on your fingers and notice that they are spreading apart... The space between your fingers keeps getting wider and wider. .
(Watch for fingers to spread apart. When they begin spreading apart, say :) In just a moment your hand will begin moving toward your face... Your hand will continue moving toward your face... Your hand will soon touch your face...

When your hand touches your face, it will feel good for your hand to press tightly against your face... Your hand will seem like it is stuck to your face... Your hand will soon be pressing against your face so, tightly that it will resist your efforts to pull it away from your face... (Watch for the hand to press against the face, then say :) in just a moment, you will try to pull your hand away from your face so you can notice that it keeps: pressing against your face more tightly...

(Continue giving similar suggestions until the hand is pressing tightly against the face, then tell the client :) Try to pull your hand away from your face and notice that it keeps pressing more tightly against your face... The more you try to pull your hand away from your face, the more tightly it keeps pressing against your face... (Wait about one minute, then say :) Now, in just a moment, I will count to three and you will be able to release your hand from your face easily... One... Two... Three...

Notice how easily you can move your hand away from your face now, as you continue moving into a deeper hypnotic state, and easily respond to the suggestions I tell you.

CONVINCER NO. 6 - MAGNETIC HAND

While you continue sitting there relaxing peacefully and calmly, I want you to use your imagination... Pretend that your right hand is a strong magnet and your left hand is metal... I'm going to lift your hands and place them about six inches apart, and you will feel the magnetic energy in your right hand pulling your left hand closer and closer to it...

Get this clearly in your mind. . Think of your right hand as a very powerful magnet and your left hand as metal. . Notice the magnetic energy getting stronger and stronger...

In just a moment I will begin counting from one to ten, and each time I say a number, the magnetic energy in your right hand will keep increasing... Each number I say the magnetic energy in your right hand will get stronger... The magnetic energy in your right hand will pull against it tightly... Your hands will press together tightly.

One... You are feeling the magnetic energy in your right hand increasing... The magnetic energy in your right hand keeps increasing more each time I say a number... Two... You can feel the magnetic force in your right hand getting stronger... Three... Your hands are moving closer and closer together... Four... Five... Your hands will soon be pressing together tightly... And you will try to pull them apart so you can notice that they keep pressing more tightly together...

Six... Your hands will resist your efforts to pull them apart...
Seven... Your right hand is a very powerful magnet. Eight...
The magnetic energy in your right hand feels a hundred times
stronger than it did when I said the number seven... Nine...
Your hands are pressing together tightly... When I say the
next number, you will test your hands to be sure they are
stuck tightly together... Ten... Test your hands now and make
sure they are stuck tightly together... (Watch and let the
client test them for about five seconds, then say :)

I will count to three and your hand will relax... Your hands
will come apart easily when I reach the count of three, and
you will be able to move them to any position that feels
comfortable to you... One...Two...Three...

CONVINCER NO. 7 - REVOLVING HANDS

As you continue relaxing calmly and peacefully, I'm going to be picking up your hands in just a moment, and I will start moving them around each other... As I cause your hands to revolve around each other, the unconscious level of your mind will soon take over control and will cause your hands to continue revolving around each other, even after I let go of your hands...

(Take hold of the client's hands and begin revolving them around each other.)

You can feel your hands revolving now... They keep going around and around... The unconscious level of your mind is beginning to take over control... Notice how good it feels for your hands to revolve around each other... You enjoy the feeling of your hands revolving. . The unconscious level of your mind has taken over complete control of your hands now... Your hands will continue revolving around and around even after I release them... They are automatically revolving now. . As I let go of your hands, you notice that they continue revolving... And when you try to stop your hands from revolving, they will keep moving faster and faster. Around and around ... (Release hands.)

Notice that your hands continue revolving now even though I have released them... They keep revolving around each other... They continue going around and around, and in just a moment you will try to stop them so you can notice that they continue revolving... When you try to stop them, you will notice that they keep moving faster and faster... The more you try to stop your hands from revolving, the faster they revolve... They keep going around and around...

Try to stop your hands now so you can notice that they keep revolving even faster... The unconscious level of your mind is controlling your hands now... Just as automatically, the unconscious level of your mind controls your breathing, and the circulation of your blood... You understand that every part of your body is controlled by the unconscious level of your mind...

(Give suggestions that when you count to three, the bands will stop revolving.) One... Your hands are slowing down now... Two... Three... They have stopped revolving, and you can put your hands in a position that feels comfortable to you.

BRIEF INDUCTION SCRIPTS

1. Close your eyes now and begin breathing in deeply...

Each time you inhale, hold it three or four seconds, then exhale slowly... You will continue becoming more relaxed each time you exhale... As you sit there with your eyes closed, without even noticing it, you continue moving into a deeper and deeper hypnotic state...

You are moving into a peaceful, comfortable state in as easy, natural way... The unconscious level of your mind is working that out for you, without any conscious effort by you... You are taking your time and just letting it happen... (Pause as the client goes into a deep hypnotic state.) Your conscious mind doesn't need to pay any attention to what I'm saying to you, yet the unconscious level of your mind will continue to hear, and is understanding everything I tell you.

(Go to an appropriate prescription.)

2. You don't need to make any effort to do anything at all as your unconscious mind helps you to automatically move into a really calm, peaceful hypnotic state... You don't even need to notice that you keep breathing more

easily and freely as you effortlessly go into the deepest level of hypnosis you are capable of achieving at this time... You are not even thinking about what you will learn as my voice goes along with you as you move into a calm, peaceful, really relaxed state of hypnosis... There may be times when it seem like my voice is a long distance away, and there may be times when you are not consciously aware of my voice, and that's okay, because the unconscious level of your mind will hear and receive everything I tell you.

(Go to appropriate prescription.)

3. Close your eyes and let all the muscles in and around your eyelids begin relaxing... Let your eyelids become so relaxed that they feel like you don't want to open them. Let your eyelids become so relaxed that they feel like they want to remain shut... When you have your eyelids so relaxed they want to remain shut, test them and make sure they remain shut... (Watch for the client to test the eyelids. After the client has tested them briefly, say :) Good,,, now let that relaxation move through your entire body, and feel yourself moving into a very deep

state of hypnosis. (Pause for about a minute, then go to appropriate prescription.)

4. Close your eyes and begin inhaling deeply and exhaling slowly... Lift your right arm straight out in front of you and notice that your right arm keeps becoming heavier each time you exhale... As your right arm continues feeling heavier, it keeps moving down a little more each time you exhale... As your right arms continue moving down, you keep drifting into a deeper hypnotic state... By the time your right arm has dropped all the way down to your lap, or to the arm of the chair, you will be in a deep hypnotic state, and you will test your eyelids to be sure they remain Shut... (Watch for take client's arm to touch the lap or the arm of the chair. Then watch for the client to test the eyelids. As soon as the client tests the eyelids, say :) Okay, you will keep your eyelids closed until I tell you to open them... The Unconscious level of your mind will hear and receive the suggestions I tell you and will cause you to put them into your own actions... (Have the client's right arm return to normal. Then go to appropriate prescription.)

5. Close your eyes and pretend that your eyelids are glued shut... Pretend that your eyelids are stuck shut... You can notice that your eyelids feel like they have grown

together, and at the same time you can test your eyelids to be sure they remain shut... (Watch for client to test the eyelids, and then say :) Let your eyelids relax even more now and keep them closed until I tell you to awaken from the hypnotic state... You will be able to open your eyelids easily when we complete this session, and I tell you to awaken from the hypnotic state... (Go to appropriate prescription.)

These short inductions will work best with clients whom you have been hypnotized before, or they will be good for helping clients go into a light state of hypnosis. These brief inductions can be used to help clients go into a level of hypnosis appropriate for relaxation and for getting rid of simple problems such as headaches.

ASSOCIATION INDUCTION

You can close your eyes now and begin inhaling deeply and exhaling slowly... Before you let go completely and move into a deep state of hypnosis, let yourself listen carefully to everything I'm saying to you now. As you continue becoming more relaxed, it will keep becoming less and less important for you to consciously listen to my voice... Your subconscious mind and the unconscious levels of your mind will hear and receive the suggestions I'm telling you, without any conscious effort by you...

It's going to happen automatically... so you don't need to think about that now. You will have no conscious control over what happens... The muscles in and around your eyes will relax all by themselves as you continue breathing easily and freely...

Without thinking about it, you will soon enter a deep, peaceful, hypnotic state, without any conscious effort... There is nothing important for your conscious mind to do... There is nothing really important except the activities of the unconscious levels of your mind... And that can be just as automatic as dreaming... And you know how easily you can forget your dreams when you awaken... (The last sentence

above quite often causes the client to have amnesia with regards to what happened during the session upon awakening from hypnosis.)

You are responding in an excellent way... Without noticing it, you have already altered your rate of breathing... You are breathing much more easily and freely... And you are revealing signs that indicate you are continuing to move into a deeper hypnotic state...

You can enjoy relaxing even more, and the unconscious levels of your mind will continue hearing and receiving each word I say... It keeps becoming less important for you to consciously listen to my voice...

The unconscious level of your mind can hear even if I whisper... At the same time you can continue listening to the soothing sounds coming from the tape player...

You are continuing to drift into a calmer, more peaceful state as the unconscious level of your mind examines privately... secrets... feelings... sensations... imprints... impressions... and behaviour you didn't know you had... At the same time, working out the solution in a very pleasant way, as you are

letting go completely... The unconscious level of your mind is getting that problem resolved, for now and forever, without any conscious effort by you... Your mind is doing this at your own pace... Just as rapidly as it feels you are ready...

You continue becoming more relaxed and more comfortable as you sit there with your eyes closed... As you continue experiencing that deepening comfort, other sounds and noises are fading away more and more... Later on when this session has been completed, you will be able to hear all sounds and noises in a normal, natural way... yet for now, you are continuing to relax and feel at ease.

The unconscious level of your mind can respond to the suggestions I tell you... and you will be pleasantly surprised with your continuous progress...

You are getting much closer to a really deep hypnotic state... You are beginning to realize that you don't care whether or not - - - you are going into a very deep state of hypnosis...

Being in this peaceful state enables you to experience many, many benefits... It allows your own mind to easily work out the solution to that problem in a way that is pleasing to you...

Being hypnotized is always a very enjoyable, very pleasant, calm, peaceful, completely relaxing experience... It seems natural to include hypnosis in your future...

Every time I hypnotize you it becomes more enjoyable... You continue experiencing more benefits... You enjoy all the wonderful feelings and sensations... And you will always enjoy having me hypnotize you... You will always enjoy the sensations — of comfort...of peacefulness... of calmness... and all the other good sensations that come automatically from this wonderful experience.

Through the years I have been hypnotized many times... and I have had the opportunity to hypnotize more than people... It has enabled me to learn the tremendous advantages of hypnosis... and now you are learning rapidly that it is helping you in many different ways...

You will be really happy that you decided to have me hypnotize you... and you will keep experiencing progressive understanding on your part... You are learning something about yourself. You are developing your own techniques of therapy... without knowing you are developing them... You

can have it as a surprise sooner or later... A very pleasant surprise...

You have all the ingredients... all the skills, all the knowledge you need to work out the solution to your problem, without any conscious effort by you... I want you to use your imagination now... Think of yourself in a place you like very much... Perhaps lying on the beach by a calm, peaceful lake... or sitting in the sand by the ocean on a nice summer day... You may want to imagine yourself floating gently and calmly in a sailboat, enjoying a nice easy breeze... You are continuing to relax even more now... You are 'becoming more comfortable.

This is your own experience that you like very much... Continue enjoying it as you are enjoying comforting of having the unconscious revels of your mind resolve that problem for now and forever...

You are going to find that any time you want to spend a few minutes by yourself, relaxing, and feeling very comfortable and serene, you can automatically go to this feeling you are experiencing right now...

You can put yourself into this place any time you like... There are times when you will want this serene feeling... And it is yours whenever you want it.

Continue enjoying this pleasant experience as the unconscious levels of your mind are cooperating to receive the suggestions I tell you... And you will be pleased as you notice the way you continue improving in all areas of your life.

INDIRECT INDUCTION 1

Close your eyes and begin inhaling deeply and exhaling slowly... As you continue breathing deeply and slowly, it allows your entire body to relax, from the top of your head to the bottom of your feet...

In just a moment I'm going to ask you to open your eyes and pick out a spot to look at as you continue breathing deeply and slowly... Of course, you are not in a hypnotic state yet... You want to be more relaxed and Comfortable before going into a deep hypnotic state...

Notice your hands and arms now... If you want to move your hands and arms to get into a more comfortable position before going into a deep state of hypnosis, you can do that now... You are doing good..., You can relax even more now... You will soon experience a feeling of drifting away,,, comparable to floating away on a soft, fluffy, white cloud... Feel yourself floating away now... Floating out beyond space and time...

In just a moment, when I ask you to open your eyes, you will continue having the experience of floating away, and you will

notice the muscles in and around your eyes relaxing... You will experience a soothing drowsiness coming over your entire body... Open your eyes now... I'll be talking to you, and without any conscious effort, your eyes will soon close easily and gently... Your eyes are closing all by themselves... You can continue relaxing and you will move into a deep, peaceful, calm, pleasant state of hypnosis without even noticing it...

By permitting your mind and body to relax, you can experience many wonderful benefits that keep becoming even more effective after this session has been completed...

It keeps becoming less and less important for you to consciously listen to my voice. . All of the unconscious levels of your mind are cooperating, and are hearing and receiving every word I'm telling you. Without any conscious effort by you, your unconscious mind is working out the solution to that problem... Your unconscious mind knows exactly what needs to be done and is doing it in a way that will be of greatest value to you...

When i was a child, we used to play a game that illustrates how easily your mind can work out the solution to that problem and get that problem resolved for now and

forever... Your mind can do that in a way that will enable you to keep progressing in all areas of your life: physically, mentally, emotionally and spiritually...

To play the game, we would take a piece of chalk, and each of us would draw a square on the sidewalk, big enough to stand in. Then one of the children would be it, and would chase us and try to catch us... If the person who was it started getting close, we could run and jump inside our square on the sidewalk.

Once we got inside our square, the person who was it wasn't allowed to catch us, and we weren't allowed to get out of the square until the person who was it gave us permission to get out...

In our childish imagination, the chalk marks on the sidewalk were like a big wall around us, because the rules of the game said we could not be caught when we were inside the square, and we had to stay inside until we were given permission to get out...

We had a lot of fun playing that game as young children, but it would have been ridiculous if we had taken the game so

seriously that we let those chalk marks on the sidewalk become a real wall that we could never get out...

Suppose I was inside the chalk marks one day and the person who was it went home, forgetting to give me permission to get out... It would not have been sensible for me to have remained inside those chalk marks the rest of my life, just because the person who was it forgot to give me permission to get out...

Neither is it sensible for you to continue (experiencing that problem) (being overweight) (the habit of taking drugs) because of some imprint, impression, thought or idea that went into the unconscious level of your mind in the past...

Beginning right now, the subconscious level of your mind and all unconscious levels of your mind are realizing that there is no good reason

For you to (continue experiencing that problem) (continue being overweight) (continue taking drugs).

In your mind now, you can go anywhere you wish... You can go to any type of situation... You can do anything you wish... You don't need to listen to my voice, because the unconscious levels of your mind are hearing and receiving what I say...

All of the unconscious levels of your mind are cooperating while the conscious level of your mind is relaxing even more, not needing to do anything of importance...

You have altered your rate of breathing... You are now breathing more easily and freely... Your heart is pumping the blood through your circulatory system more perfectly... Your blood pressure has come down to correspond to the relaxed condition of your body... And without any conscious effort by you, your muscles and nerves are more relaxed and steady...

So there is nothing really important for your conscious mind to do... All of the activities and processes of your body are controlled by the unconscious levels of your mind, and all levels of your unconscious mind are cooperating by causing the processes and activities of your body to keep functioning more perfectly each day...

You are continuing to experience more peaceful physical relaxation and comfort now, and you don't need to pay any attention to how good you are feeling...

You can find that (you are getting rid of the habit of taking drugs... All urges, all cravings for drugs will soon be gone completely.) (You are automatically reducing your body to pounds, as rapidly as your system is ready for your body to reduce) (Your body is healing in a normal, natural way... In a way that is pleasing to you.) (That the unconscious level of your mind will soon have that problem resolved in a way that is pleasing to you.)

The unconscious levels of your mind are causing you to experience very pleasant changes, and you are allowing the unconscious levels of your mind to take as much time as is needed to work out the solution to that problem, and you will be free from that problem for now and forever...

Continue relaxing now, and in just a moment I will give you some additional suggestions that will enable you to keep improving in all areas of your life.

TRANCE INDUCTION I

Before you go into a deep hypnotic state, be sure that your entire body is in a very comfortable position. Notice your legs and your back. Be sure they are comfortable... Get your head and neck as relaxed and comfortable as you can... Then let your arms and hands relax. Make sure your entire body is relaxed and comfortable...

You won't need to talk unless I tell you to talk... As you are listening to the soothing sounds coming from the tape player, gradually other sounds and noises will fade away and will soon be gone completely... Your subconscious mind and all levels of your unconscious mind will be listening only to my voice... Later on, when this session has been completed, you will be able to hear all sounds and noises in a normal, natural way, but for now you are continuing to become more relaxed, calmer, and you are feeling more at ease...

There are various changes that can take place automatically within you... Your breathing can continue becoming more free and easy... Your heart can keep the blood moving through your circulatory system more perfectly... Your muscles continue becoming more relaxed, and your nerves are becoming more relaxed and steady... It's going to happen

automatically, without any conscious effort by you... You will have no conscious control over what happens... You don't even need to think about that consciously now...

(By using the word "It's" the mind can take that to mean "going into a hypnotic state" or "overcoming the problem." The same is true with regards to using the word "that." The mind can take it to mean, "You don't need to think about going into a hypnotic state," or the mind can take it to mean "You don't need to think about the problem you want to overcome.")

The muscles in and around your eyes can relax all by themselves as you continue breathing easily and peacefully... It is becoming less and less important for your eyes to be open... Without thinking about it, your eyes will soon close and remain shut, until I ask you to open your eyelids... You can continue moving into a deeper hypnotic state without any conscious effort... So there is nothing important for your conscious mind to do...

You can become so relaxed that it is unimportant for you to consciously remember what I'm saying to you... The subconscious and unconscious levels of your mind will hear and receive everything I tell you...

You can find it comforting to forget to remember what I tell you, or you may prefer remembering to forget... You can do which ever seems easiest to you...

You can let go completely and enjoy the comfort of being in a deep hypnotic state... and later on, when the session is completed, you can awakes feeling like you have enjoyed several hours of comforting sleep...

You are responding really good... You are revealing signs that indicate you are moving into a deep hypnotic state,,, and you can enjoy relaxing even more... Each time you exhale, you can continue becoming more relaxed, calmer, and more peaceful...

As you listen to the soothing sounds coming from the tape player, you can feel yourself absorbing a calm, peaceful inner sense of contentment, and a soothing drowsiness coming over your entire body...

It may seem like you are drifting into a state of sleep... There may be times when it seems like my voice is a long distance away... There may also be times when I'm talking to you and

you will not be consciously aware of my voice... It doesn't really make any difference because the unconscious levels of your mind can hear and receive everything I say and make it true...

In the past you may have had some doubts,,, but those doubts are fading away and wilt soon be gone completely... Those doubts are being replaced with a strong sense of sureness,,, and you can know that the unconscious level of your mind can automatically do what is necessary to solve that problem... And you can trust it to be done in the right way...

You can appreciate the ability of the unconscious levels of your mind to understand what has caused that problem and work out a solution that is pleasing to you... It is perfectly all right for you to begin noticing that you keep improving as you are involved in the activities of your daily life...

As you continue experiencing that deepening comfort, other sounds and noises continue fading away more and more... You are continuing to relax, peacefully and calmly...

You are becoming so relaxed and comfortable that you are happy to keep moving into a much deeper state of hypnosis... Being in this peaceful state of relation enables you to automatically experience many wonderful benefits physically, mentally, emotionally and spiritually...

Being hypnotized is always a very enjoyable, pleasant, calm, soothing, peaceful, relaxing experience...

It is natural for you to continue using hypnosis in your future... Every time I hypnotize you, it becomes more enjoyable, and you can continue achieving more benefits...

You will always find it pleasing and enjoyable to have me hypnotize you... You will be pleasantly surprised to notice yourself progressing more each day... The improvement is progressive... Each day you continue improving more... And you can be sure it is permanent and lasting...

Your unconscious mind is receptive of everything I tell you and is translating everything I say into your own actions... The changes you experience are being accomplished in a way that is pleasing to you... You will be proud of your accomplishment...

You will also be pleased to notice your self-confidence and self-acceptance increasing more each day...

You can continue relaxing even more now... It is very enjoyable to let go completely... The conscious level of your mind is relaxing completely... That permits the unconscious level of your mind to be free... to limit itself... to everything I say...

The suggestions I tell you are influencing your thoughts, your feelings and your actions in a wonderful, helpful way... You will be happy to find that after you awaken from the hypnotic state, the unconscious level of your mind will continue hearing and receiving the suggestions I tell you, and will enable you to put everything I tell you into your own actions...

When you are wide awake and fully alert, your unconscious mind will cause you to continue responding to the suggestions I tell you... You will be happy to find that the suggestions can influence you just as strongly, just as surely, and just as powerfully as they do when you are hypnotized...

And you will continue becoming more successful in all areas of your life...

Everything you are learning in this session can be thoroughly understood in all areas of your mind, and is becoming a permanent and lasting part of you...

You can continue listening to the soothing sounds coming from the tape player and automatically become even more relaxed...

When I talk to you again your mind will be ready to receive additional suggestions that will be beneficial, and you will easily respond in a way that will be pleasing to you... (Pause for three or four minutes.)

As I talk to you now, you can continue resting comfortably... You can have a long rest... A rest that seems like hours of peaceful sleep... Hours long, with hours of relaxing comfort...

Later, when I ask you to awaken from hypnosis, you will awaken easily... And you can feel as though you have just awakened from a deep, peaceful, restful sleep... You can awaken feeling as you experienced some helpful dreams... It can be a nice, restful sleep... And you can dream... You can

dream about experiences that are important to you... You can dream about helpful experiences that can work out a solution to that problem...

When I count to five for you to awaken... You will enjoy telling me about your dreams...

I'd like to have you discover something very important and very helpful...

Continue relaxing and dreaming now... When I talk to you again, you can respond to the suggestions I have told you... (Pause for several minutes,) Continue dreaming now, and in one minute your eyes will open and you will tell me about your dreams... (Pause for one minute.)

(Allow client time to discuss what has been experienced.)

In just a moment, I will count to five... When I reach the count of five, you will awaken from the hypnotic state... You can tell me what you have experienced. After you finish telling me, the curtain will close on all that has happened... You can leave everything that has been causing that problem behind the curtain... Everything that has caused that problem will be behind the curtain of the past... You will be living for

today... You will experiences pleasant changes that will cause you to feel confident and happy.

MOUNTAIN TRIP INDUCTION

Before you drift into a hypnotic state, be sure you have your clothes loosened in any areas where they might be tight... (Pause) Now you can get yourself into a comfortable position... Close your eyes and begin inhaling deeply. Each time you inhale, hold it for two or three seconds and exhale slowly...

Continue inhaling deeply and exhaling slowly about five or six times... Each time you exhale, your entire body keeps relaxing more... You continue feeling calmer, more peaceful and more at ease...

As you continue relaxing, I want you to use your imagination... Imagine yourself lying on the grass in a soft, green meadow... The sun is shining gently... There is an easy breeze blowing over your body. You continue feeling more calm, more comfortable, more safe and secure...

Beautiful flowers are blooming all around you... The flowers are moving gently in the breeze... Notice the wonderful fragrance coming from the flowers...

In your mind now, I want you to stand up... Look to the north and be aware of the beautiful mountain at the edge of the meadow... Let's take a walk up to the top of that mountain... You look around and notice an easy flowing stream about twenty steps to your right... You walk over to the stream and bend over reaching your hand into the water... You notice the Water is clean, pure, cool and refreshing... Listen to the gentle flow of the rapids...

The stream seems to be flowing down from the mountains, so we decide to follow the stream up toward the top of the mountain. We are walking beside the stream... After walking a few minutes we come to a pond at the head of the stream... You bend over and reach your hand into the water and notice that it is warm enough to swim in... At this level of your mind, you are an excellent swimmer, so we decide to get into the water and swim for a brief time...

You can feel the fresh water surrounding your body as you calmly move through the water... It feels so refreshing and enjoyable, but it's time to get out and continue our walk toward the top of the mountain... We are moving along now, and you notice the birds chirping... You smell the pine trees... Once in a while you can see the meadow below through a small opening between the trees... We're more than halfway up the mountain now... We notice a fallen tree on our left

and we decide to stop a few minutes and rest... The meadow below is in full view from here... The scene is really beautiful... It's time to continue up the mountain now... You can imagine how beautiful it will be at the top when you will be able to look down and see the meadow below.

The breeze is blowing gently... You can be aware of the nice smell coming from the small cedar trees as we are nearing the top of the mountain... A few more steps and we will be at the top... We made it... We are at the top of the mountain... You can notice the meadow clearly below, and can walk over to the other side and see the deep canyon below...

As you walk toward the side to look at the canyon, you notice a sign on top of the mountain... It says, "Speak the question you want answered into the canyon below, and you will see the answer written in the sky above..."

You are deciding the most important question you want to ask... As soon as you make that decision, you ask the question, and look to the sky above to receive your answer... (Pause a minute or two for the client to receive an answer.)

Now it is time to go back down the mountain and return to the meadow... You can notice the sun is beginning to set on

the hills over to the left... We still have plenty of time to get to the bottom of the mountain before it starts getting dark, but we need to start going back down...

As we are walking down the mountain trail, we notice a few deer among the trees... We have almost made it halfway down the mountain... We pause for a few minutes and sit on the fallen tree again... We can see the beautiful sunset as it is forming... We continue moving on down... You can hear the birds chirping... We come to the pond, and we can see the reflection of the sunset on the surface of the water... We continue on, following the beautiful, refreshing stream. We arrive in the meadow and you lie down in the comfortable grass... You can smell the fragrance of the flowers...

You are ready to receive some additional suggestions I will be giving you before you awaken from the hypnotic state. (Go to appropriate suggestions.)

COMMAND BREAKING INDUCTION

(This induction can be used with clients who have been previously hypnotized by another hypnotist who has given them the suggestion that no one else will be able to hypnotize them.)

Get yourself into a comfortable position and close your eyes... Keeping your eyes closed will make it easier for you to listen while I explain something that the unconscious level of your mind will understand...

To begin, I want you to realize that I'm not going to try to hypnotize you... And I don't want you to try to go into a hypnotic state... Since you have already been hypnotized, you know what it's like to be hypnotized, and for the moment I prefer that you try not to go into that deep state you were in when you were hypnotized before...

While I explain something to you, you can relax yourself... Breathe deeply and exhale slowly about five or six times... Notice that your mind and body become a little more relaxed

each time you exhale... There are a lot of things you can respond to without being in a deep hypnotic state...

For example, notice as I count backwards from five down to one that you can let the muscles in and around your eyes relax more with each number I say... All the muscles in your eyelids can be completely relaxed by the time I reach the count of one...

Without trying to go into a hypnotic state, you can have your eyelids so relaxed by the time I reach the number one that your eyelids will feel like they want to remain shut...

After I reach the count of one, you can test your eyelids to be sure they remain shut... As you test your eyelids to be sure they remain shut, you will find it easy to continue relaxing even more.

You will also learn that there are many other things you can do without making any effort to go into a hypnotic state... In fact, I prefer that you do not go into a deep hypnotic state right now...

Five... As I am counting backwards from five to one, you can automatically continue relaxing more completely... You don't

need to try to listen to my voice, because the unconscious level of your mind can automatically hear everything I say, even if I would whisper...

Four... You are revealing signs that indicate you are continuing to relax more each time you exhale... You are also continuing to breathe more easily and freely...

Three... You are becoming more peaceful, and feeling more at ease... You are feeling so calm and so comfortable that you are happy to continue relaxing even more as I talk to you...

Two... You are really responding good. You can notice that the muscles in your eyelids are so relaxed that even now if you tried to open them, it would be difficult... After I say the next number, you can test your eyelids to be sure they remain shut...

One... Notice that your eyelids are really relaxed and all the muscles in and around your eyes are relaxed... Your eyelids feel so comfortable they want to remain shut...

Test your eyelids now to be sure they remain shut.

NOTE: (If the eyelids open, say,) Close your eyes again now, and let them relax even more...

Keep your eyelids closed until I ask you to open them. When I ask you to open your eyelids... you will try to get them open, so you can notice that they feel relaxed and comfortable by remaining shut.

(Go to the Progressive Relaxation Induction in Book 1. Start at the Part where you have the client open and close the eyes the first time... Avoid using the word “hypnosis” until later after the client has responded well to the suggestion to get numbness in the hand.)

TRANCE INDUCTION 2

Close your eyes and begin inhaling deeply and exhaling slowly... Each time you inhale, you bring more oxygen into your body, and each time you exhale, your body automatically becomes more relaxed, from the top of your head all the way down to the bottom of your feet... (Pause)

If you're subconscious mind or the unconscious level of your mind wants you to enter into a hypnotic state, your right hand will soon lift up toward the ceiling all by itself... Otherwise your left hand Will soon lift up toward the ceiling... (Pause for several minutes, to allow time for band to lift.)

NOTE: (If one of the client's hands has not lifted after four or five minutes, continue as follows :)

Since you have been sitting there, quietly continuing to relax, and your hand has not lifted, you can wonder if the subconscious and unconscious levels of your mind prefer not to make any effort to cause either of your hands to lift as you continue moving into a deeper hypnotic state without any conscious effort... You may find it more comfortable to remain still as you continue feeling more peaceful and at ease, and you don't need to bother making any physical effort... You may even find yourself smiling as your mind becomes aware of this... (Smiling is a physical response.)

NOTE: (If one of the client's hands has lifted, skip the paragraph above and continue on from this point :)

You don't have to listen to me because the subconscious and unconscious levels of your mind are cooperating by doing what needs to be done in order to respond in just the right way... It makes no difference what your conscious mind does... The unconscious level of your mind can cause you to respond automatically in just the right way to get that problem resolved for now and forever...

Consciously you don't know how to solve that problem... If you did, you wouldn't be here... You are uncertain and confused... Your conscious mind doesn't really know what to do... Yet we know that the subconscious and

Unconscious levels of your mind have access to many memories and images and experiences, and know how to sort through all that information thoroughly and work out a pleasant solution to that problem and get the problem solved in a way that will be pleasing to you...

You don't know what all of your possibilities are yet... The unconscious levels of your mind can work on them without any conscious effort by you, and get that problem resolved for now and forever...

You may be wondering how you will know when it is solved? Will the solution come in a dream tonight while you are sleeping, or maybe tomorrow night while you are asleep... Or will you find that your mind is continuing to review and examine the cause of the problem, without any conscious effort by you, in ways you do not consciously understand... Will the problem be resolved quickly while you are wide awake, or will the problem be resolved while you are in an altered state of consciousness today?

Will you be working when the problem is resolved? Will you be shopping when the solution is worked out? Will you be driving your car, or will you be doing something for fun and recreation when you become aware that the problem has been resolved? You really don't know, but you can be sure the solution is coming, and you will be extremely happy when you are totally free from that problem...

There are many things that you are capable of doing as the result of permitting yourself to be hypnotized; things you

never imagined... You can dream that you are awake and still remain in a deep hypnotic state... (Pause about fifteen seconds.) You can pretend you are hypnotized and still be wide awake with your eyes open or closed... You can find one of your hands lifting without knowing where it is going... (Pause a minute or two and watch for response.) Possibly you may sense where your hand is going even though you are not consciously directing it... You can speak while you are hypnotized and not always recognize the meaning of your words... (Pause a minute or two.) You can also remain silent while the first finger on your right hand lifts up automatically to answer "yes" if I ask a question and the 'correct answer is "yes." The little finger on your right hand lifts up automatically to answer "no" if I ask a question and the correct answer is "no"

(Spell the word "n-o") so the unconscious level of the mind will know you do not mean "know."

In just a moment your eyes will open but you don't need to awake... (Pause) Or you can awaken when your eyes open, but without remembering what happened while your eyes were closed... And when your eyes open, you can continue responding to the suggestions I give you... (Pause at least a minute and watch for response.)

As you sit there comfortably, you can feel the relaxing calmness your body is experiencing, and your mind is continuing to receive the suggestions I'm telling you...

(If the client's eyes are not open, ask the client to open them.)

With your eyes open you can look around the room... Right now you are experiencing the ordinary blinking of your eyes, which you may or may not notice, just as you sometimes notice the feeling of your shoes on your feet and at other times you forget about them completely...

You can look at pictures in the room and can wonder if your unconscious mind has noticed anything specific about any of the pictures???

Now you can notice the feeling of the shoe on your left foot, and at the same time can become aware of the muscles in and around your eyes beginning to relax as you look down at your left foot...

Your arms are still resting lightly on the arms of the chair...
And all of these things are real, and you can notice them and sense them...

Open your eyes and look at you left hand now... (Pause for about ten seconds.) Now look up to the right corner of the room, and you may be able to feel or sense a change in your visual focus...

What you are experiencing is real... As real as the chair you are sitting in... As real as the pictures on the walls... And just as real as the drowsy feeling that comes from sitting without moving, and for which your body makes adjustments by relaxing your muscles, and causing all the muscles in and around your eyes to relax and remain closed until I tell you to open them.

(Go to appropriate prescription with regard to the problem the client is working on.)

(Do not start background sounds until you come to the middle of paragraph five below)

REASONING FOR RESISTERS

Even though you had some doubts when you came for this appointment, you did set up the appointment and you showed up for the appointment... One of the reasons you I've already explained some things about hypnosis, and I want to mention a little more that will be helpful...

To shut out some of the distractions while I'm talking to you, why don't you lean back in the chair, arrange yourself into a comfortable position, and close your eyes... That will make it much easier for you to listen to what I'm saying to you...

Now that you are in a comfortable position, you can relax yourself even more by inhaling deeply and exhaling slowly a few times... Each time you inhale, you bring more oxygen into your lungs, the oxygen passes from your lungs into your heart... Your heart pumps the oxygen into your circulatory system, and it is carried into every part of your body where it is needed... Each time you exhale, your muscles, ligaments and tendons keep becoming more relaxed...

You will easily hear everything I say... In fact to shut out distractions even more, I'm going to turn on the tape player in just a moment, and you will hear soft, gentle, soothing

sounds coming from the tape player... (Start background music now.) That will enable you to continue relaxing peacefully, and without even noticing, other sounds and noises will gradually fade away...

You will easily hear everything I say... In fact to shut out distractions even more, I'm going to turn on the tape player in just a moment, and you will hear soft, gentle, soothing sounds coming from the tape player... (Start background music now.) That will enable you to continue relaxing peacefully, and without even noticing, other sounds and noises will gradually fade away...

As you continue listening to the soothing sounds coming from the tape player, it keeps becoming less important for you to consciously listen to my voice... Later on, after we have completed this session, you will be able to hear all sounds and noises in a normal, natural way, but for now, you are feeling content and at ease while your conscious mind and your body are becoming more relaxed...

In fact, you don't need to listen to me consciously, because the conscious level of your mind doesn't understand that

problem... If it did, you wouldn't be here... You would have resolved that problem a long time ago. . So I want to talk to the subconscious and unconscious levels of your mind... Those levels of your mind can listen to me while your conscious mind is listening to the soothing sounds coming from the tape player, or you can be thinking about any thoughts that come into your conscious mind...

Your conscious mind may become bored with the thoughts and ideas I'm mentioning to you... There may be times when I'm talking to you and it may seem like my voice is a long distance away... There may also be times when I'm talking to you and you won't consciously hear my voice, and that is okay because the unconscious levels of your mind will hear and receive everything I say...

I am quite certain you are aware that soothing sounds and spoken words can often cause drowsiness, and sometimes even sleep... That has happened to me many times... Thousands of other people have also had the same experience... You have probably experienced it many times... It is something that happens automatically, so you don't need to think about that now... The unconscious levels of your mind can take over complete control and can - cause you to respond to the suggestions I tell you without any conscious effort by you...

You can continue becoming more comfortable as I talk to the unconscious levels of your mind, and it doesn't make any difference what you're conscious mind does...

Even though you are not consciously aware of the underlying cause of your problem, the unconscious levels of your mind can review and examine what has been causing the problem, and can work out a pleasant solution without any conscious effort by you...

One day one of my receptionists came to the office, and her throat was so infected with laryngitis that she was unable to talk... She couldn't talk to people on the telephone or to people who came for appointments, so I had one of the other employees answer the phone and take care of appointments, and I gave her other work to do around the office... Every time I wanted to communicate with her, the only way she could answer was by nodding her head "yes" or "no."

At times she would communicate by pointing her finger, or by motioning with her hand... It worked out quite well... We were able to get things done by using sign language...

I have discovered that it is easy for the unconscious levels of the mind to answer questions by causing one finger to lift up toward the ceiling to give a "yes" answer to a question, and cause a different finger to lift up toward the ceiling to answer "no" to a question... For example, if I ask you a question and the correct answer is "yes," the index finger on your (right - left) hand will lift up toward the ceiling... If I ask a question and the correct answer is "no," (Spell N- O) the little finger on your (right - left) hand will lift up toward the ceiling... When your finger lifts up, it will remain up until i tell it to go back down... When your finger goes back down, it will lift up again when I ask another question that should be answered by that finger...

The unconscious levels of your mind will cooperate and review all the information in your mind that pertains to the question I ask you, and after your mind has formulated the correct answer, your mind will automatically cause your finger to lift up and indicate the correct answer...

You and I can continue relaxing and wait for your mind to review the Information and answer each question correctly...

Before I ask any questions, I want to mention something else... You may consciously want to know the answer the

unconscious level of your mind is giving --- yet the unconscious level of your mind may not want you to know the answer... You will remain calm and relaxed and feel completely at ease, because you came here to overcome a problem, and you will find it quite satisfying to have the unconscious levels of your mind cooperate and work out the solution, without any conscious effort by you...

You will be pleasantly surprised to notice yourself improving more and more each day...

If your unconscious mind does not want to share the answer to any question with your conscious mind, the unconscious level of your mind can cause your finger to lift up without you consciously knowing... Even so, you will be consciously aware of the progress you continue achieving physically, mentally, emotionally and spiritually, as you are doing your daily activities...

Consciously and subconsciously, you want your mind to work out a pleasant solution to that problem that will meet your needs in the right way at the right time...

An unconscious response is different from a conscious response... You do not know what it will be. You can continue relaxing and wait for it to happen... Consciously you do not know whether the answer will be "yes" or

The answer does not need to be the answer you consciously expect it to be... You will have to wait, and the unconscious level of your mind will cause it to happen as soon as it has reviewed the information thoroughly and causes your finger to lift up and reveal the correct answer...

You can relax even more comfortably now and feel pleased to have the unconscious level of your mind work out the solution to that problem...

It will give you a lot of satisfaction to realize that the unconscious level of your mind is free to answer questions that you aren't consciously aware of, and enable you to achieve your goals in a way that is pleasing to you.

DROP PEN – GROUP INDUCTION

(Ask those in the group who want to be hypnotized to get a pen or pencil and place it between the thumb and index finger of their dominant hand. The hand should be up in the air. The elbow can be resting on the arm of a chair if the chair has arms. Have them grip the pen or pencil firmly, and begin.)

Close your eyes and think of that pen between your thumb and index finger... Inhale deeply and exhale slowly about five times... Each time you inhale, you bring more oxygen into your lungs... The oxygen passes from your lungs into your heart, and your heart pumps the oxygen into your circulatory system... It is carried to every part of your body where it is needed.., Every time you exhale, your muscles, your nerves, your ligaments and tendons continue relaxing...

The relaxation of your muscles is moving through your entire body... Your shoulders are becoming more relaxed and that relaxation is moving down through your arms, all the way down into the tips of your fingers... Your fingers will continue relaxing and the object you are holding will soon drop to the floor...

Each time you hear a pen or pencil drop to the floor, you will keep becoming more relaxed... It may seem a little humorous at the moment you first hear the pens and pencils dropping, however, you will continue becoming more relaxed and you will be listening only to my voice... Other sounds and noises will fade away and soon be gone completely...

Later on, when we have completed this session, you will be able to hear all sounds and noises in a normal, natural way... But for now you are continuing to become more calm and peaceful...

Relaxation is moving through your entire body, from the top of your head to the bottom of your feet... You are feeling more at ease, more safe and secure... You are sensing, feeling and imagining peacefulness, comfort and Calmness through your entire body... You are relaxing in a way that is just right for you...

Now press your right foot tightly against the floor... As you do that the rest of your body is relaxing even more, and soon your right foot will relax without any conscious effort by you...

When the pen or pencil drops from your fingers, you will drift into an even deeper hypnotic state, and you will keep your eyes closed until I ask you to open them...

PLEASANT PLACE — Group Induction

If you want to go into a pleasant state of hypnosis, merely follow my suggestions... Close your eyes and begin inhaling deeply and exhaling slowly... Each time you exhale, your muscles, your nerves, your ligaments and tendons will keep becoming more relaxed...

Now think of a pleasant place... Recall a place you really enjoy... A location you like very much... a place where you can go and have all the room you need, and all the time you need to relax and enjoy yourself completely...

Stretch your entire body now... Reach out your arms... Extend your legs... Stretch your shoulders and your back... Extend your hips and your buttocks... Stretch every part of your body and you will be ready to move into a deep, calm, peaceful, tranquil state of hypnosis... (Allow about ten seconds for them to stretch.)

You are beginning to experience perfect peace of mind... As you continue relaxing, there may be times when I'm talking to you that my voice will seem to be a long distance away... There may also be times when I'm talking and you will not be consciously aware of my voice... That's okay... The

unconscious level of your mind will hear and receive the advice I give you...

You are learning to experience peace and quietness... You are feeling yourself in a location that you enjoy... You are thinking of yourself in a place where you feel content and delighted...

If you want to move your body in any way to be more comfortable before you drift into a more relaxed state of hypnosis, you can do that now... (Allow about five to ten seconds for then to adjust)

Notice that you are very comfortable now and you are receiving the suggestions, the guidance and the instructions I'm telling you like warm, agreeable, pleasant waves flowing through every part of your being... The entire time you are enjoying the soothing sounds coming from the tape player...

It isn't necessary for you to consciously listen to my voice,,, because the unconscious level of your mind understands everything I'm saying, and your own mind is using everything I tell you in a way that will be most beneficial to you...

You don't even need to notice consciously how easily and gradually your body keeps becoming calmer, more tranquil and continues feeling more content... It isn't even necessary for you to know how to relax... You can relax automatically without any conscious effort... It's not necessary for you to know how to drift into a calm, peaceful sleep... You can move into a comfortable, cozy state before you even think about it...

You can really enjoy the inner peace you are experiencing...and be aware or not be aware that it is causing you to feel more- safe and secure without any conscious effort... Soothing waves of relaxation are moving through your entire body like peaceful, white clouds passing through the sky on a warm, pleasant summer night... And without even noticing it, your self- confidence is increasing... your self-acceptance is growing stronger... and you are becoming more confident in your own judgment, your own opinions and your own points of view...

Ideas, understandings, wishes, hopes, love and acceptance are appearing more and are becoming a normal part of your everyday life...

Your mental abilities and creative abilities are revealing themselves more strongly... Your talents, skills and abilities are continuing to increase...

You have billions of brain cells that are capable of responding to trillions of different stimuli... You are learning to use your brain cells more wisely each day... You are here to get all the benefit you can... You are intelligent enough to develop many different ways of receiving enormous good from this session...

You understand that you deserve to be happy... and you can be happy because you have merited the right to be happy...

If you have a problem you want to overcome, I want you to realize that the unconscious level of your mind is reviewing and exploring what caused that problem, and in a short time your mind will cause you to experience very pleasant changes that will get rid of that problem in an easy, natural way...

I don't know what has been causing that problem, and consciously you don't know what has been causing that problem... The important thing is that the unconscious level of your mind knows what has been causing that problem...

and the unconscious level of your mind is working out the solution quite rapidly...

Right now... without any conscious effort by you, you are experiencing an emotional healing within you... When you awaken from the hypnotic state, you will notice that you feel much better both mentally and physically... The improvement will continue, and will become more noticeable each day... Automatically, without you consciously thinking or trying, the unconscious level of your mind knows what to do to enable you to be completely free from that problem... From now on you will be thinking about other things that are more pleasant and enjoyable to you...

In just a moment, I will be counting from one to five for you to awaken from the hypnotic state... You will come up a little each time I say a number. When I reach the number five, you will open your eyes and you will be back in a wide awake, fully alert state, feeling calm, peaceful, and very happy.

HYPNOTIZED OR NOT -- Group Induction

In a moment or two I'm going to give some instructions that will enable you to go into a hypnotic state... You can feel free to participate fully, or you may want to go into a light state of hypnosis, or you may want to go into a hypnotic state temporarily... Feel free to respond in which-ever way seems the best and most natural to you...

The best way to begin is by closing your eyes... After you have your eyes closed. I want you to feel yourself adjusting to an ideally comfortable position... If you need to move your body in any way to feel more comfortable, you can do that now, before you drift into a calm, peaceful, really pleasant state of hypnosis...

While you are sitting there comfortably, you can begin inhaling deeply and exhaling slowly... Do that five or six times and notice what you are feeling... I'm going to give you some suggestions for experiences which you may or may not have, and I'd like for you to be aware of the ways your experiences may change moment by moment...

First, I'd like to have you pay attention to your own rate of breathing... Be fully aware of what it feels like to take each breath... Next, I want you to notice how easily you are hearing every word I say... You are realizing that you don't need to make any conscious effort to listen to my words... It's as if you naturally hear and receive every word I say... And your own imagination creates reality automatically from the suggestions I tell you...

With each breath you take you become more aware of the different sensations associated with inhaling and exhaling... Notice that when you inhale, your shoulders seem to lift a little bit and when you exhale your shoulders seem to drop a little bit.

Now, I would like to have you pretend something... In addition to pretending, you will feel like I'm speaking only to you, and it is very easy for your mind to accept what I'm saying... I'd like to have you pretend that you are more comfortable than you really are... Pretend also that you are feeling completely at ease, and your body feels perfectly balanced...

Pretend now that you are sitting in the grass near seashore... looking at the sky...noticing the beautiful clouds moving

toward you... Pretend that one of those clouds is moving under you... lifting your body easily and gently... carrying you out into space... You are continuing to feel calmer and more relaxed... allowing yourself to rest softly and easily... Every good sensation you can feel... and every good feeling you notice... are becoming more real to your comfort and well-being...

Now I want you to ask yourself a very simple question, which is: Is there anything I can do right now to allow myself to be more comfortable? And let your body answer for you... If you feel like moving, or uncrossing your legs, or crossing your legs...do whatever you need to do to add to your comfort...

You are feeling like you want to swallow, which is your body's way of letting you know you are in an agreeable level of hypnosis... I'm going to count from five to one, and you can double the quality and comfort of hypnosis each time I say a number... Five... as you are enjoying the pleasure of the hypnotic state, the inner part of your mind is causing you to experience a healthy, pleasant, inner strength over your entire body, and you don't even need to think about it... Four... your mind is deciding the perfect way to balance all the different systems of your body, so that your body is perfectly attuned to a good, healthy way of functioning... Three... you are allowing the unconscious level of your mind

to teach you everything you need to know to be happy and prosperous... Two... you are realizing that everything you learn in a hypnotic state you learn for as long as you need it... You are happy to know that... and you will be aware of your continuous improvement in all areas of your life... One... your self-confidence is increasing...your self-acceptance is becoming stronger... and your mind is working out the best way to cause your body to make perfect adjustments, easily and naturally.

And now you are beginning to float back to earth... You will soon be back in a wide awake, fully alert state... You are feeling peaceful and happy,,, very, very, happy (Count from one to five slowly for the group to awaken from hypnosis.)

LIBRARY INDUCTION

Close your eyes and begin breathing deeply. . Each time you inhale deeply, let it out slowly... You will experience a more peaceful relaxation coming over your entire body each time you exhale... Do that five or six times... You continue feeling more calm, more peaceful, more at ease, more safe and secure.

As you continue moving into a deeper, more peaceful state of hypnosis, the unconscious level of your mind can be reviewing many things that are important to you... Going into your inner world is comparable to reading a book... You go to the library thinking, what do I want to read? There are so many books to choose from. , You are not sure just what type of book you want to read... Possibly you could start with a "self-improvement" book, or maybe you should begin with a book in the science fiction area, or perhaps you feel romantic today and you want to read something about romance You may feel that something in the area of religion would be interesting ..

As you walk through the doors of the library, you are amazed to see thousands of books... There are more books than you could read in a lifetime. You begin thinking about something

you read once... It was comparing the subconscious and unconscious level of your mind to a computer... it explained that the unconscious levels of your mind have been accumulating knowledge and information since your soul came into existence, and all of that knowledge is still in your mind... It is a part of your own experience and belongs to you... That information is there in your mind for you to use any time you need it... It enables you to talk merely by making a decision to talk... All you need to do is think the words you want to say and the unconscious level of your mind automatically causes your tongue to move to the right position in your mouth.

The unconscious level of your mind is the source from which all creativity originates... And billions and billions of other types of information is stored in the unconscious level of your mind...

You are really amazed as you are realizing the tremendous amount of information that you actually possess... It is much more than your conscious mind has been aware of knowing... So you are now aware that you know much more than you have been consciously aware of knowing...

You look around the library and you see an escalator, one side goes down, the other side goes up... You get on the side that goes down. During the time you are moving down to a lower level of the library, you are wondering what is in the lower level ... You have never gone all the way to the basement... However, today you want to go all the way down, even if it is five or six levels below the main floor... You are continuing to move down to the first level below the ground floor, and as you are nearing that first level, you notice thousands of additional books, and there are beautiful sitting areas with soft fluffy chairs to relax and be very comfortable as you read... You even notice a few recliners. They look so comfortable, you begin wondering how long you could sit in one of those reading before you would fall asleep....

You decide to continue all the way to the basement before settling down to read, so you move to the escalator that goes down to the next level... As you are going down, you see a sitting area with beautiful recliners. .You notice a person sitting here dozing... You look more closely and see that it is you. You are really surprised as you notice your level of comfort. . You seem to be in a dream-like trance. You look so comfortable sitting there. You have the appearance of being asleep; still in a sense you seem to be aware... Perhaps you

are just relaxing, permitting the unconscious level of your mind to review important information...

The escalator finally reached the level on which you see yourself asleep... You are tempted to walk over to yourself, however, you appear so calm and so at ease that you want to continue enjoying the quiet and relaxing comfort... Other sounds and noises keep fading away without any conscious effort by you... You are listening only to my voice, and watching yourself enjoying this relaxing, peaceful experience...

Without any conscious effort by you, your right hand and arm begin feeling very light... Your right hand and arm feel so light; it feels like it wants to float up toward your face... You can be pleasantly surprised to notice your right hand and arm lifting up toward your face and the rest of your body is sinking more deeply into the recliner...

You are still there watching yourself... You find it interesting to notice your right hand and arm gradually lifting up toward your face... As you stand there watching yourself, you are

realizing that you really know how to be relaxed and comfortable...

As you look at yourself, you are experiencing an intense desire to be connected to yourself in a new way... You begin walking over toward yourself, and you notice your body that is sitting there relaxing is perfectly developed... Your body that you see sitting there looks healthy and strong... All of the muscles look perfect... (For Females: Your body looks beautiful, with all the curves in just the right area... Your legs and thighs are slim and trim. Your breasts are full and firm, perfectly proportioned for your slim, trim, body...) As you are getting ready to move into that body, you are very much aware of your body as you want it to be... You feel confident that you can and will develop that perfect body...

You are now moving into that body, and you inhale deeply and exhale slowly as you become even more comfortable... You are pleased to realize that you are developing all of the qualities and characteristics you desire for yourself... You now have great determination to develop a perfect, healthy, well-formed body...

Suddenly you realize that you were on your way down to the bottom floor of the library... as you arise easily and move back over to the escalator, and you realize there is only one

more floor to get down to the deepest part of the basement... You feel yourself going even deeper now... The unconscious level of your mind is listening only to my voice... There may be times when I'm talking to you and it may seem like my voice is a long distance away... There may also be times when I'm talking to you and you won't consciously hear my voice, and that's okay,,, the unconscious level of your mind will hear and receive everything I tell you and cause it to happen in an easy, natural way.

(If the client's hand has touched the face, tell it to go back down, and continue on with appropriate suggestions.) (If hand has not touched the face, just continue on without mentioning anything about the hand.)

REASONING FOR RESISTERS 2

Close your eyes and begin inhaling deeply and exhaling slowly ... Each time your exhale your mind and body continue becoming more relaxed... You can learn to hear my voice as the only important sound... Everything I say will be meaningful to the unconscious level of your mind, and the unconscious level of your mind will give the interpretation... You will not need to use any mental energy on the realities...The external realities...

I will give you an example to enable you to understand what I'm saying to you... Several years ago, I was giving a lecture... There were about two hundred people in the audience... Among those listening to the lecture were many physicians, dentists, nurses, psychologists and other professional people...

I asked for volunteers from the audience so I could do some demonstrations of hypnotic techniques... About fifteen volunteers came up to the stage, and as I was hypnotizing the people on the stage, I noticed that a number of people in the audience went into a hypnotic state at the same time... Their eyes were closed... They were relaxed and calm... They were experiencing an extreme state of peacefulness...

I told the people in the audience they could look around and see which of them had gone into a hypnotic state, and I mentioned that some of them might have to stand up to look around...

One nurse stood up and looked around... I told her she was going to do something she would enjoy very much. She was going to do something that would make the entire audience laugh. She was going to come up to the podium and give a two-minute talk that would be exceptionally funny...

She walked up to the podium, took the microphone, and looked up toward the ceiling, and acted as though she was talking to God... She began complaining about all the fuss her mother was making as she is being born, saying I'm the one being born, she is just lying there having me, why is she making such a big fuss about it..."

Then I told her to listen only to my words, and her eyes would close again and she would tell me what she is doing... She said she was down at the pond on her father's farm... She had looked all around and nobody was in sight so she took all of her clothes off and was swimming in the nude...

She explained how good it felt to have the water swirling around her bare skin, and then she said she could hear my voice from a long distance away... She said it seemed as though my voice was about fifty miles away... It was difficult for her to recognize my voice because of the distance, but I seemed to be telling her to come back to the room she was in before this started... She then explained that she finally came back, and she began telling how much she enjoyed swimming in the nude, and she mentioned that she would often swim nude in the pond on her father's farm... She had enjoyed the swim and she now felt rested and refreshed...

You have done comparable things in your dreams at night or even during the day when you are day-dreaming... You can do comparable things in a hypnotic state... You can read a book... You can go swimming. You can find yourself bowling or dancing... You can talk with friends ... You can go for a ride in a car... And everything will be totally real, because the only reality things possess is the reality our senses give them...

A person who is blind learns to give more attention to his 'sense of hearing, feeling, smell and touch. I have known of blind people who can tell how tall a person is by hearing the person talk, and can tell whether the person is male or female by talking to the person, even though the person

doesn't say a word in response...They say there is a different sound bouncing off the person's body back to their ears...

Some blind people can even tell if a person is facing them or has their back toward the blind person. Again it is the sound bouncing off the person that enables them to know...

We all have much more knowledge and ability than we are consciously aware of... We also have many abilities that we are unable to explain... For example, you have the ability to heal cuts and broken bones in your body, and you use that ability automatically, without being consciously aware of how you do it...

I was acquainted with a boy who knew how to multiply by the time he was in the first grade. . Later in school, when they started teaching algebra, he could do the algebra problems as fast as his teacher could write them on the blackboard... The moment the teacher finished writing the problem on the blackboard, he knew the answer...

His teacher was baffled, and she insisted that he had to work out the problems on his paper... That, in turn, bewildered the

boy... He thought it was a waste of time to work out the problems on paper when he already knew the answers...

Later, when the boy was in college, he was asked to tutor students who were having difficulty with algebra, and he found it difficult to teach others what was so simple for him.

Personal meanings to you are yours... The application of all of those meanings to others is an entirely different thing...

A person can know mathematical relationships and not be able to explain them... That boy could not explain to his teacher how he got the answers to the algebra problems, however, he got the same answers that she got, even though he did it in his way and she did it in her way...

His teacher was not satisfied though, she wanted him to do it her way...We each prefer our own way.., I could tell you a way to (reduce your body to pounds) (heal your body completely and perfectly).

Your unconscious mind is deciding what part of the knowledge you possess that it can use to (reduce your body

in an easy, natural way, and keep your body slim and trim after it has reduced to pounds). (Cause you to experience pleasant changes and heal your body in an easy, natural way).

Your unconscious mind has access to many memories, and images, and experiences that it is making available to solve every problem... You don't need to be consciously aware of exactly how it is being achieved... You can know it is being achieved in a way that is most beneficial to you.

(Go to an appropriate prescription.)

TEEN-AGE INDUCTION

Secure yourself in a very comfortable position now, and begin breathing deeply... Each time you inhale, hold it for three or four seconds and then exhale slowly...

Notice that each time you inhale your shoulders lift a little bit, and each time you exhale your shoulders go down... Pay attention to your shoulders as you continue inhaling deeply and exhaling slowly... You can feel the natural relaxation spreading throughout your entire body... You don't even need to try... Just let it happen and enjoy it... And remember that you can easily give yourself comfort this way anytime you want it or need it...

You can consciously ignore what I'm saying to you because your subconscious mind and all levels of your inner mind are hearing and receiving everything I say... You can really enjoy relaxing and not even notice that other sounds and noises keep fading away more and more... Later on, when this session has been completed, you will hear all sounds and noises in a normal, natural way. However, for now, you are continuing to relax...

You can imagine, if you want to, that you're doing something that you really enjoy... Perhaps you are sunbathing and swimming at a beautiful lake, or maybe you are at a rock and roll concert, listening to your favourite band, or you may be taking as easy stroll through a beautiful forest on a nice summer day... (You might want to mention one or two of your client's favourite activities that may have been mentioned in the pre-induction conversation.)

You may already be daydreaming that you are doing something you really enjoy... While you are doing that you know that your mind can be doing something else that will help you to overcome that problem... Your inner mind can be reviewing, examining and exploring what happened to cause you to begin experiencing that problem... Your inner mind can assess that information; understand it from a calmer, relaxed, more knowledgeable point of view and can work out a pleasant solution and enable you to overcome that problem for now and forever...

Everyone knows that the more you practice something the more you keep improving... You're continuing to improve your ability to keep moving into a deeper, more calm, more

peaceful hypnotic state now... You are improving quite rapidly...

I'm not sure how fast the unconscious level of your mind is working out the solution to that problem... Your mind is doing it just as rapidly as you are ready to have the problem resolved, and it is doing it in your own way... The unconscious level of your mind understands that working out the solution to that problem is for you're or benefit, for your own personal well- being, and for your own self-improvement...

I'm not sure exactly how your mind is resolving that problem, however, I do know it is being resolved in a way that is pleasing to you...

When your mind understands the causes and effects, and realizes that the problem is resolved and changes have started so you will continue improving more each day the unconscious level of your mind will cause one of the fingers on your hand to lift up toward the ceiling, and your finger will remain up until I tell it to go back down.

(Continue with suggestions for Building Self-Confidence or similar suggestions while you watch for the finger to lift... If

finger does not lift after five or ten minutes, go to "Therapy between Sessions" suggestions before having the client awaken.)

TEEN-AGE FANTASY

I want to let you know that I am really happy to have the opportunity to have this session with you, and have the privilege to guide you into a state of hypnosis that you will enjoy... I don't know what this experience is going to be like for me, and so I'm sure I don't know exactly what it's going to be like for you... There is one thing I am certain about. I'm sure you are going to find this experience to be one of the most helpful, most beneficial experiences you have ever had in your entire life... I'm certain it will be interesting and you will have some enjoyable surprises...

I like surprises, and it's very likely that you also like surprises, and you will have the chance to experience some good surprises today... You're going to experience much more than you ever hoped for... You're going to experience some things you would like to explore. . You're also going to experience some things you would like to see...

Just close your eyes now and begin inhaling deeply, and then exhale slowly... Do that five or six times with your eyes closed... I want you to use your imagination... Pretend that the muscles in and around your eyes are becoming so relaxed, that your eyelids are beginning to feel like they want

to remain shut... Notice your eyelids becoming so relaxed that they feel like you don't want to open them...

As your eyelids continue relaxing, I want you to think about where you are right now... Think of yourself sitting in a comfortable chair, relaxing... Notice yourself becoming more calm and peaceful, and be aware of your mind beginning to relax...

One of the first things I want to let you know is that you don't need to do anything at all to go into a state of hypnosis... It's going to happen automatically, without any conscious effort by you... You don't have to move... You don't have to talk, unless I ask you to talk... You don't have to pay any attention to what I'm saying...

When you came into this room you brought at least two minds with you... You brought your conscious mind and you also brought your unconscious level of your mind... Your conscious mind is interested in what is going on... Your conscious mind may even be wondering what's going to happen next... The entire time, the unconscious level of your mind is hearing everything I say, and the unconscious level of your mind is busy deciding the best way to help you achieve the goals you want to achieve... The unconscious level of

your mind has a tremendous amount of information it can use in working out the best solution in a way that will be pleasing to you...

Without any conscious effort, you are continuing to move into a calmer, more peaceful state of hypnosis... In a hypnotic state you will get in touch with the important unconscious learning that you have stored away in your mind... You can use those unconscious learning for achieving many goals... You can use those learning to help you improve your grades in school... You can use those learning to help your athletic abilities to improve... You can use those learning to cause the processes and activities of your body to function more perfectly and improve your health... Being hypnotized is going to help you in many ways, physically, mentally, emotionally and spiritually...

I want you to use your imagination now... You may want to climb a mountain with me... Right away, you are probably wondering what's on the other side of the mountain... On this side, there is a stream... At the bottom of the mountain there are houses... There is a beautiful meadow... There are trees and rocks... But on the other side of the mountain there could be a desert... There could be a lake... There could be a city... Right now you have done know what is on the other side of the mountain... I'm sure you could find something there that would be of value and interest to you...

However, you may decide you do not want to look at the other side of the mountain right now... You may prefer taking a stroll along the beach at the ocean... I want you to make the decision... You decide where you want to go... You may want to take a walk through the woods... I know that I love to walk through the woods... I recall the smell of the pine aroma... It's a very fresh, clean aroma, isn't it? I've heard some scientists say it is good for your lungs to walk through the woods... You can feel the pine needles under your shoes... They feel soft and spongy, and supportive... As you go deeper and deeper into the woods, you can stop at whatever spot you wish... You are drawn by your curiosity to go deeper and deeper into the woods... You notice some squirrels... A few of them are running along the ground, and you see a few in the trees. . You can hear the leaves rustling in some of the large oak trees... There is a pleasant breeze, keeping the temperature at a' perfect level so that you are really enjoying your stroll through the woods. . A few feet in front of you, you notice a rabbit ... It's just sitting there, looking at you... You are wondering why it doesn't hop away, but it seems to sense that you are a good, loving person, and it feels completely safe and secure...

As you continue walking in the woods, you come to an orchard... it somehow seems like it's a magic orchard... There are trees there with golden apples. You notice trees full of plums that look like sapphires... There are several trees with cherries that look like rubies... So you are aware that you are

in a magic orchard now... At the end of the row of sapphire plumbs, you see a man sitting at a table... You walk toward the man and discover that he is the healing wizard... That wise old man knows everything there is to know * about healing... He has an answer that will help you overcome your problem... You have all the time you need to accomplish your goal... You are aware that the answer is being programmed into the unconscious level of your mind by the healing wizard... He's doing it without you needing to be consciously aware that it is happening... You are aware now that your own mind has the answer... Your own mind is working out the solution to that problem... The awareness of the fact that the problem is being resolved is moving through your body like a pleasant summer breeze... You inhale deeply and exhale slowly as you are really enjoying this healing experience...

(Go to appropriate suggestions with regards to the problem the client is working on.)

THE BIONC ARM

(To be used with children -- from 6 to 12)

Have you ever heard of a bionic arm? (Wait for response.)

(If the child hasn't heard about "The Million Dollar Man" on TV, explain something about it, especially about his unusual powerful arm.)

I want to tell you something else about "The Million Dollar Man" that most people don't know... Maybe I shouldn't tell you... You would probably go around telling everybody else about it, wouldn't you? (Wait for response)

(Keep talking about it and get the child to promise that he/she will keep what you tell him/her a secret.) Since you have promised to keep it a secret, I'm going to tell you something that no one else knows about the Million Dollar Man.

(Be sure to have background music playing.)

One day the Million Dollar Man was sitting at home, listening to music on his radio, and all of a sudden he noticed something very unusual about his arm. (Watch to see if his/her eyes move left or right. Even if the eyes are closed, you can usually see which way they move. However, the eyes should still be open at this time. Use the arm on the side toward which his/her eyes move.)

That is a very special arm. As it keeps moving straight out in front of you, it keeps becoming stiffer and stiffer. As your arm becomes stiffer, your eyes close, and you begin having a very pleasant dream, because that is your "dreaming arm."

You can hear the music as you are beginning to have a very pleasant dream... Watch the entire dream. Your arm will go doom only as fast as you see the entire dream...

You can tell me about the dream, and every time you lift your dreaming arm you can have another dream.

NOTE: (You can then use the "dreaming arm" to have the child dream about what is causing the problem, and have the child get any information needed to help him/her overcome the problem.)

Example: When I lift your dreaming arm, you will replay a very clear dream of the entire experience that has been causing_____.

MAGIC SHAPE INDUCTION

(To be used with children ages 5 to 10)

I want you to listen closely to what I'm saying to you now without moving your head... Just lean back in the chair and get real comfortable, and then I want you to look up toward the ceiling... Look for a tiny spot on the ceiling... That spot will have a special meaning to you... That spot will help you relax, and you may notice, as you watch that spot, it may begin to change its shape... Tell me when you notice that spot magically changing its shape... (Pause and wait for response.)

As you watch that spot, you are continuing to relax even more, and you will soon notice your eyelids relaxing... Your eyelids will feel like they want to close...

Without moving your head, I want you to move your eyes and find another magic spot on the ceiling... Notice that your eyelids keep relaxing and closing more and more... As soon as you notice that other magic spot, I want you to notice that you can still see the spot even after your eyelids close...

As you keep your eyes closed, notice that you can see that spot beginning to change its shape. It is very pretty... It may even sparkle or shine... It keeps changing its shape as you keep your eyes closed and continue to watch it...

The more you watch that spot with your eyes closed, the more you continue to relax... You will soon notice the magic spot becoming smaller and smaller... Tell me when you notice the spot getting smaller... (Pause and wait for response.) Now notice that the spot is getting so small it is disappearing... You are becoming drowsier as the spot disappears...

When the spot disappears, you will see an angel... The angel will keep getting larger and larger... The angel will become large enough to help you get rid of that problem completely. (You can mention the specific problem the child is seeking to overcome.) (Go to specific prescription dealing with the problem.)

MAKE BELIEVE FRIEND INDUCTION

(For Child -- ages 5 to 10)

Have the child close his/her eyes and pretend he/she is visiting with a new friend. (Maybe the friend is a cuddly puppy or kitten, or it may be a little rabbit that likes to be cuddled.)

Now keep your eyes closed and pretend that you are enjoying the company of your friend... You are a very special person, and you can really relax and enjoy yourself, feeling calm and peaceful, feeling safe and secure in the company of your friend...

As you are having an enjoyable time with your friend, you are listening only to my voice... I want you to tell me a little bit about your friend... (Pause as client describes friend.) Ask your friend what name we should use when we talk to him or her... Tell me your friend's name... (Pause for response.)

That's good... Now you can relax even more, and I want to ask (Use friend's name that has been given) to help

you.....(Call friend by name.) knows about the problem you have been experiencing, and will tell you how you can get rid of that problem completely...

As soon as (Use friend's name.) tells you how to get rid of that problem, I want you to lift one of your hands up toward the ceiling... (Pause and wait for response.)

Let yourself continue relaxing... Bring (Use friend's name) along now as you begin feeling a peaceful sleepiness all over your body... You are beginning to see yourself improving... You are getting rid of that problem... You are experiencing some pleasant changes right now... You will keep improving even more lately after I tell you to open your eyes and come back to a wide awake, fully alert state...

You are learning more and more from (Use friend's name) you are aware that (Use friend's name) really loves you and cares for you, and is doing everything to help you get rid of that problem completely...

You will know that you can go back and be with (Use friend's name) any time you want to in the future, and (Use friend's name) will always be there to help you.

MAGIC TELEVISION INDUCTION

For Child -- ages 5 to 10

(You don't need any introductory preparation for using this induction with a child. Merely have the child get into a comfortable position and close his/her eyes and listen to the suggestions you tell him/her.)

Close your eyes now, and keep your eyes closed until I ask you to open them... With your eyes closed, I want you to tell me about your favourite TV program. You will continue feeling more still and relaxed as you tell me about the TV program that you enjoy most of all... (Pause as child responds.)

In just a moment, keeping your eyes closed, you will begin seeing your favourite TV program. You are becoming more calm, more relaxed, more peaceful, more safe and secure.

Okay, I'm turning on the TV now, and in your mind you will see your favourite program on the screen. You will hear the sounds. You will have the feelings, and you will really enjoy

watching your favourite program you can continue watching that program, as you keep your eyes closed... You don't need to listen to what I'm saying... You continue becoming more relaxed as you enjoy that special program and keep your eyes closed until I ask you to open your eyes and awaken from the hypnotic state...

In just a moment that program will finish, and we will change the channel... You are continuing to relax and move into a deeper, drowsier, more peaceful state... You will be seeing a program that will show you how to get rid of that problem completely.

Your favourite program has ended now, and I'm changing the channel... You are continuing to feel more peaceful, and now you are seeing a program that is showing you what has been causing that problem... The TV program is showing you how easily you are getting rid of that problem...+

The picture is becoming clearer... You are understanding it, and realizing that the problem is going away and will be gone for now and forever...

Later on, when you open your eyes, you will be in a wide awake, state... You will feel confident and happy... You will notice the improvement, and you will keep improving more each day.

HYPNOSIS DEPTH METER

(This is a technique which can be used quite effectively for increasing the depth of the hypnotic state once the client is hypnotized. It can also be used for having the client measure the amount of numbness achieved for natural childbirth, for surgery, for dental work, and for other cases in which numbness is needed.)

I want you to close your eyes and use your imagination now... Imagine that you can see a gage that is twelve inches in length... It is the same size as a ruler and the numbers on the gage go from zero to twelve... The numbers are quite large, and they are easy to read... You are continuing to move into a deeper hypnotic state of relaxation and the numbers are becoming even clearer. You are becoming more aware that the numbers are there. The numbers have a very special meaning to you... They measure (the depth of the hypnotic state you are in. Zero indicates a very light state, and each number from 1 to 12 indicates a deeper and deeper state. The number 12 is the deepest level of hypnosis.) (How much numbness you have achieved, beginning with zero. Zero indicates you have very little numbness. Each number from 1

to 12 indicates more and more numbness. The number 12 indicates that you have achieved total numbness).

Next to the zero on the gauge, you can see an arrow... That arrow moves. It keeps moving toward the number twelve... Notice that arrow, and tell me what number it is pointing to now... You are becoming more relaxed and more peaceful... You are beginning to experience perfect peace of mind... You are feeling more at ease, more- safe and more secure.

Notice the meter gauge moving now... It is moving toward the number twelve... You are becoming calmer, more tranquil, more composed, more serene than ever before...

Other sounds and noises are fading away... You are listening to the soothing sounds coming from the tape player, and the unconscious level of your mind is listening to my voice... You are becoming more and more responsive to the suggestions I'm telling you.

(Continue with appropriate suggestions.)

Let me know when you have (achieved the deepest level of hypnosis you are capable of achieving at this time)

(Achieved as much numbness as you need to feel physically comfortable)

(When client indicates having achieved the deepest level, or as much numbness as is needed, ask)

What number is the arrow on the gauge pointing to at this time?

(If gauge is not at 12, tell the client he/she will be able to achieve even more very soon.)

FINGER RESPONSE FOR THERAPY 1

You are relaxed and at ease now... You can continue feeling peaceful and tranquil as I talk to you... You are experiencing all the wonderful feelings and sensations that relaxation brings... You are letting yourself be agreeable to each suggestion and instruction I give you...

You don't need to try thinking of anything at all... You can consciously listen to the soothing sounds coming from the tape player while the unconscious level of your mind is busy listening to the words I say to you... Other sounds and noises keep fading away and keep becoming less noticeable. You will hear normally when you awaken from the hypnotic state. However, during this session, you are continuing to become more and more relaxed...

I may be asking some questions in a short time, and I want to get the answers from the unconscious levels of your mind...

(Go to Finger Response Instructions in
Book 1.)

Now you are ready for additional suggestions and instructions... You will remain in a peaceful, cosy state, and the unconscious levels of your mind will cooperate with the suggestions I give you...

You are beginning to go back in time... You are going back to the time when you took your first breath at birth... You continue moving back in time until you are at the time when you took your first breath at birth... When you are back at the moment when you took your first breath at birth your yes finger will lift up... (Pause and wait for finger to lift if more than two minutes go by, repeat some of the suggestions from this paragraph.)

Good... You are responding nicely... Now you are moving forward to the time, after your birth, when you first heard someone talk... When you first hear someone talk, your yes finger will lift up... (Pause and wait for finger to lift.) Now you are moving forward in time to the first experience in your life when you are at home in a crib or a bed... The first time you are at home in a crib or a bed, your yes finger will lift up... (Pause and wait for finger to lift.)

Now you are moving to the first experience when something happened to either start your (symptom that you have been experiencing.) (Tendency to be overweight) (Or caused you to be susceptible to that symptom later in your life) (Or caused you to become overweight later in your life) As soon as you are at the time when you had that first experience, your yes finger will lift up.

That first encounter way be something caused by a relative or friend. It could be caused by an illness. It could be caused by a frightening event you went through... When you are at the time when that first experience happened (that started your symptom or caused you to become susceptible to that problem later in your life,) (caused you to become overweight, or caused you to have a tendency to become overweight later in your life,) your yes finger will lift up. (Pause and wait for finger to lift.)

IS it okay for you to know about that experience when you come out of the hypnotic state? (Wait for response.)

Is it okay for you to tell me about that encounter so I can help you? (Wait for finger to lift and give an answer.)

(If it is okay for client to tell you about that experience, say)
Describe that experience Tell me everything that happened.

(After the client finishes telling you about that experience,
continue as follows :)

Now that the unconscious level of your mind has reviewed that experience, your mind can understand it from a different point of view than you had when it happened. . Your mind understands it from a more knowledgeable point of view... When your mind knows there is no reason that experience needs to cause you any more difficulty, your yes finger will lift up... (Wait for finger to lift.)

Have changes started so you have overcome that problem completely? (If "NO" finger lifts, say,)

Go back to the time when something happened that is causing you to continue experiencing that problem... Your yes finger will lift up when you are back at the time when that happened... (Wait for finger to lift.)

Will you let me help you even more the next time I hypnotize you? (Wait for response, and awaken client, or if you still have time, go to one of the confidence building prescriptions in Book 1.)

(You can use the following suggestions if it seems appropriate :)

I want you to move forward in time now and notice how good you will feel after you have (been completely healed from that problem.) (Reduced your body to pounds in a pleasant way)

Look around and notice the date... Tell me the date (when you have overcome that problem completely.) (When your body has reduced to pounds)

You have made a lot of progress today... You have gained some understanding about yourself that is enabling you to overcome that problem in an easy, natural way.

You will notice, after you awaken from the hypnotic state, that you will feel much better both mentally and physically... Your self-confidence will be greatly increased, and you will notice yourself improving more and more each day.

FINGER RESPONSE FOR THERAPY 2

You made a lot of progress the last time I hypnotized you, and you can experience even greater benefits from the session we are having today...

Each time I help you go into a state of hypnosis, you keep becoming more relaxed, more tranquil and more serene. You automatically continue advancing in all areas of your life...

Let yourself relax even more now... You are becoming more calm and peaceful than you were the last time I helped you achieve a state of hypnosis... When you move into a deeper state of hypnosis that you were in the last time I hypnotized you, the unconscious level of your mind will cause your yes finger to lift up... Your finger will remain up until I tell it to go back down... (Wait for response.)

Good... The unconscious level of your mind is causing your fingers to respond better today than they were responding during the last session we had...

You are ready now to let me help you get rid of that problem in a healthy, natural way...

You have decided that you want to be completely free from the problem and you are ready to get rid of it for now and forever...

Think about your entire body now, from the top of your head to the bottom of your feet... (Pause about ten or fifteen seconds.)

Does the unconscious level of your mind feel it is okay for you to get rid of the problem for now and forever?

Have changes started so that your body is overcoming that problem in a healthy, natural way?

The unconscious level of your mind indicated that it is okay for you to get rid of that problem... Changes have already started. The processes and activities of your body are functioning properly and your body is experiencing very pleasant changes... Your body is becoming the way you want it to be.

While I'm talking to you, you will continue feeling calmer, more composed, and more at ease... The unconscious level of your mind is hearing and receiving the suggestions and instructions I'm telling you, and is causing them to work automatically.

(Give appropriate suggestions to allow the mind to handle the problem easily.)

WATCHING A STAGE SHOW

(Technique for uncovering the underlying cause of the problem)

(This is a good technique for uncovering the underlying cause of a problem when the unconscious level of the mind seems hesitant about revealing the cause. By using this technique the mind will usually begin revealing the cause in a disguised form and then will gradually bring it out more vividly and clearly.)

In your mind now, I want you to go with me to watch a stage show at a downtown theatre... We are walking on the sidewalk, getting near the theatre now... We have only a half a block to go and we will be there... We know a stage show is playing at the theatre, however, we don't know the title, and we are wondering what the show is going to be. We finally arrived at the theatre and we're approaching the ticket window... We're getting our tickets and walking into the theatre ... We get inside and it is so dark that we have difficulty seeing the seats... We are moving slowly toward the front of" the theatre, giving our eyes time to adjust to the darkness before we finally sit down...

We sit down in the centre of" the theatre, about three rows from the stage... Our eyes have adjusted and we look around, noticing that we are the only people in the audience... We look up at the stage and see that the curtains are closed, and we can hear something happening behind the curtains... We can hear it quite clearly; however, it's not quite clear to us what is happening... The curtain is beginning to move... Someone is trying to open the curtains from the middle of the stage... Finally someone pulls the curtains open enough to stick their head out... He/ She (use the same sex as the client) looks down at you and pulls his/her head back quickly... You can hear the commotion continuing behind the curtains and you are wondering what is happening? I will count to three and the curtains will open... You will see what is happening on the stage, and you will tell me everything you can about what is happening... One... Two... The curtains are opening... Three... The curtains are all the way open... As soon as you notice what is happening, tell me about it ... (Pause, and give the client time to respond.)

(Quite often the client will begin seeing things in symbols. As you tell the client to look more closely, the symbols will often keep becoming clearer and the client will be seeing the underlying cause of the problem being worked on.)

(After one scene has been completed, count to three for the curtains to close, and then proceed as follows :)

You can still hear something happening behind the curtains... In just a moment, I will count to three and the curtains will open again... You will describe what is happening on the stage... One... Two ... Three... The curtains are open. . Tell me what you are seeing as soon as you are ready... (Pause for response.)

(Continue having the curtains close and open until the cause of the problem has been revealed. Then proceed with the following suggestions :)

When the unconscious level of your mind understands that there is no reason that problem needs to continue, one of the fingers on your (right/left) hand will lift up toward the ceiling, and your finger will remain up until I tell it to go back down...

(Go to an appropriate prescription and continue giving suggestions while waiting for the finger to lift. When the finger lifts, Continue with the prescription until the end of a

sentence, then say,) your finger can go back down now.
(Then say,)

When the unconscious level of your mind knows changes have started and you will continue improving more each day, one of the fingers on your (right, left) hand will lift up toward the ceiling and will remain up until I tell it to go back down.

(Then continue on with the prescription until finger lifts. When you come to the end of a sentence, tell the finger to go back down, and continue with the prescription until it is completed.)

GETTING RID OF PROBLEMS

As you continue drifting into a deeper hypnotic state, I'd like for you to imagine that you are walking along a path that leads up into a beautiful mountain... As you are casually walking, allow your comfort to increase and without even noticing it you will continue moving into a more relaxed state...

I don't really know for sure all the things you will be noticing... Possibly you will be aware of a variety of trees, some large, some small... And by looking up through the trees, you will see a beautiful blue sky, with fluffy white clouds slowly drifting by... I feel quite sure you will see the mountain stream coming down from the mountain, and you will also notice a few waterfalls as you continue moving up into the mountain...

As you walk, just take your time and notice things that interest you... Many people enjoy the sounds of nature, such as birds singing, the sound of the wind through the trees, frogs croaking, sometimes they even hear crickets...

Seeing and hearing the wonders of nature really remind us that some of the greatest things in life are totally free... We

could never put a price on the beautiful lakes and streams, on the beautiful sunsets, or the wonders of flowers and trees...

As you continue your stroll up into the mountains, I want you to notice also that you are carrying a pack on your back... Feel the weight of the pack that you are carrying on your back, and become aware that it keeps feeling heavier with each step you take... That pack is filled with things that have been causing you problems... It's filled with things like anger, bitterness, resentment, feelings of rejection, and everything that has been causing the problem of _____...

You sense that it is only a short distance to the top of the mountain, in fact, you are so close to the top that you can see it just ahead... The path you are taking leads into a large, open meadow, with beautiful green grass and many different wild flowers... You are walking out into the meadow, noticing the natural beauty...

In the meadow you can see a large open space... Walk over to the open space, take the pack off your back and lay it on the ground... You are ready to get rid of all those heavy burdens and feelings that have been causing all those problems you have been experiencing... You have been

carrying it around so long, you are ready to get rid of it now... In just a moment I'm going to ask you to open that pack, and pull out the anger, the bitterness, the feelings of rejection, and all the other items that have been weighing you down... Open the pack, and as you pull those objects out, tell me what they are... (Wait for response,)

Now, I'd like you to look in the corner of that pack... You will find a cigarette lighter, and I want you to build a fire on that open space on top of the mountain, and take those objects you pulled out of that pack, one at a time, and toss them into the fire... You're going to be pleased to notice that with each object you toss on that fire, your feelings of will increase... You will feel a load being lifted from you, and you will continue feeling more at ease... It will give you a strong feeling of relief... You are feeling yourself cleansing all those excessive feelings out of your system, and noticing your feeling of comfort and peace increasing with each object you throw into the fire...

By the time you have thrown away all of those objects, you will be pleasantly surprised to notice how free, and how peaceful you feel within yourself.

By the time you have thrown away all of those objects, you will be pleasantly surprised to notice how free, and how peaceful you feel within yourself.

You can feel yourself lying back on the comfortable grass, watching all those problems going up in smoke... getting rid of everything that has been causing any kind of difficulties... And as the smoke floats into the sky, you can feel the problems dissolving... You feel a sense of release and relief... You are getting rid of those problems... Watch the gentle breeze carry them farther and farther away... You can breathe deeply and exhale slowly a few times and really enjoy the freedom, and relief, and peacefulness, of being free from those problems... The relief, the calmness, the peacefulness are flowing all through you... Those feelings of comfort, of serenity, and of well-being will remain with you even after you awaken from the hypnotic state...

ADDITIONAL CONFUSION TECHNIQUES

NOTE: These confusion techniques are to be used after the Induction and prior to the Prescription to distract the conscious mind and enhance the deepening of the hypnotic state.

ALPHABET SOUP

(Have the client say the letters of the alphabet out loud starting with "A." The client is to say each alphabet letter out loud and at the same time visualize or "pretend to see" letters of the alphabet backwards starting with "Z". Then when the client says "B", he is to imagine or visualize "Y", and continue saying each alphabetical letter in order and out loud as he or she imagines or visualizes the letters in a backward order.)

As soon as the client begins to say out loud the beginning of the alphabet, you continue with suggestions to deepen the hypnotic state as the client keeps the conscious mind occupied saying and visualizing the alphabet from opposite ends of the sequence.

DISTRACTION WITH NUMBERS

As I count from ten down to one you will continue moving into a deeper hypnotic state. Each time I say a number, your mind and body will continue relaxing more and more... Ten... Feet that soothing relaxation coming over your entire body... Nine... Your conscious mind is becoming completely relaxed, yet the subconscious and unconscious levels of your mind are aware of everything I say... Eight... Seven... Six... You are letting go completely... Seven... There may be times when it seems like my voice is a long distance away... Six... There may be times when you are not consciously aware of my voice... Seven... The unconscious levels of your mind are hearing my voice... The unconscious levels of your mind are hearing and receiving everything I tell you... It keeps becoming less important for you to consciously listen to my voice...

Six... Five... Four... You can relax so completely that you do not need to consciously remember what I say to you... Five... Six., it may seem like you are drifting into a state of sleep... Five., Four... You are becoming drowsier... You are feeling sleepier... Three... Seven... Six... Four... You can enjoy the comfort of being in a deep, peaceful hypnotic state... After you awaken you do not need to remember what happened while you are hypnotized... Three... Two... it is natural for

your mind to relax... Three... You are letting your mind
experience its own nature... Two... One..."

(Continue with your Prescription now...)

PAIN RELEASE DURING WAKING HYPNOSIS

NOTE: Pain should only be removed when you are sure that removing the pain will not endanger the client. Pain can be a signal indicating a need for medical intervention. Once you have determined that it is safe to remove pain, this technique can be effectively used in waking hypnosis where a formal induction is not needed. After finding out where the pain is being experienced, select another part of the body that is some distance from the part of the body where the pain is located, such as on the opposite side of the body.

(Continue with your Prescription now...)

I want you to fully concentrate now on your (right hand, left foot, etc.) and notice all the sensations and feelings in that area... Those sensations may be a tingling feeling... Those sensations may be a feeling of warmth... Those sensations may be a feeling of lightness,,, coolness,,, or heaviness... You may experience even more than one feeling or sensation... Whatever you experience is fine...

You may also experience special feelings in distinct parts of your (hand, foot, etc.) at different times... As you are noticing those various experiences, I'm going to count from 10 down to 1... With each number I say your (mention the painful part of the body) will become more and more numb...more and more comfortable... When I reach the count of 1, your (mention the painful part of the body) will be completely numb... That part of your body will remain numb enabling the healing process to continue properly, rapidly, comfortably and permanently.

All natural feelings will return to your (mention painful part of the body) before the healing process is completed... This will enable you to feel healthy and happy... While the healing process is continuing, you will take good care of your (mention the healing part of the body)...

10... You are noticing the feelings and sensations in your (right hand or left foot, etc...) You are more and more aware of those feelings 9... 8... The feelings are becoming more noticeable... The feelings may seem to change in some way... 7... The changes are taking place without any conscious effort... 6... 5... The process is happening easily and naturally... 4... 3... The changes are happening in a very pleasant way... 2... The changes are happening automatically... 1...Very good...

Now (Mention person's first name), what sensations or feelings did you experience in your (right hand or left foot, etc.)?

Notice how comfortable you are feeling now... You are feeling much better. . You will continue to be comfortable as the healing process continues and you will be healed completely... All normal feelings are now returning to your (right hand or test foot, etc.) You are feeling much better and you will continue to feel healthy and happy.

DIMINISHING PAIN GRADUALLY

I don't know whether or not we will be able to get rid of all the pain... That may be asking too much of your body... I am sure your mind knows how to get rid of the pain completely, but I'm not sure your wind is ready to do that right now... If you get rid of 5 percent of the pain, you would still have 95 percent of the pain left... You would probably notice that you would feel a little better, but it wouldn't be much improvement... You could get rid of 10 percent of the pain and you would be aware of even more improvement, but you would still have 90 percent left... Of course, you could decide to eliminate 50 percent of the pain... That would enable you to feel much more comfortable and more at ease than you do right now... However you would still have 50 percent left.

Why not let your mind get rid of 70 or 80 percent of that pain. That sounds reasonable, and b doing that you would only have 20 or 30 percent remaining... (Pause for about ten seconds.) After thinking about that for a short time, you probably have decided that 30 percent would be too much to cope with while the unconscious levels of your mind are reviewing what caused that problem, and are in the process of working out the solution to the problem, and get rid of the pain completely and eliminate the problem that has been causing the pain... Within the next day or two, the unconscious part of your mind can reduce the pain to only 10

percent, however, for now your unconscious mind is getting rid of 80 percent... Is that okay with you?

(Wait for response.)

You are realizing, of course, that your subconscious mind and all levels of your inner mind are cooperating to find out what caused that problem, and those levels of your mind are working rapidly to get the problem resolved completely, without any conscious effort by you...

Your mind is resolving that problem in ways that you are not even consciously aware of, so for now you will keep only 20 percent of that pain... At the same time, you are experiencing pleasant healing changes taking place... The pain will diminish a little each day, and when you have been healed, all of the pain will be gone.

Continue relaxing as the unconscious level of your mind is enabling you to experience comfortable feeling of calmness and tranquillity within you... Raise your right hand when you have achieved that calmness and tranquillity

As each word I say travels from my lips to your ears and my words are received by the unconscious levels of your mind,

your body is continuing to experience more complete relaxation in every muscle, every nerve, and every ligament and in every tendon... The subconscious and unconscious levels of your mind are cooperating and are producing calm, clear. Peaceful serenity...

You are reviewing in that part of your mind that does its thinking and its remembering and its understanding without letting you consciously know that it is doing so... Without any conscious effort by you, your mind is reviewing and understanding everything that needs to be examined so that your body can be healed from that problem in an easy, natural way...

While relaxation and peaceful serenity move into every cell of your body, you are safely surrounded with cheerful calmness... You will soon awaken from the hypnotic state feeling confident and happy... You will feel better both mentally and physically...

You are realizing more and more that you have the ability to make changes, and those changes are making your body healthier... You are assisting the normal healing functions of your body by using these principles of relaxation which you have now learned... You will awaken from the hypnotic state

feeling safe, secure, calm, and peaceful and relaxed... I will count from one to five... When I say the number five, you will open your eyes and be wide awake, fully alert, happy, calm and confident.

RELEASING ARTHRITIS AND ITS PAIN

The subconscious and unconscious levels of your mind have the obligation of protecting your body... Those levels of your mind know the capabilities of every atom, every molecule, every cell, every organ, every muscle, every ligament, every tendon, every nerve and every bone in your body... The unconscious levels of your mind know how to protect you... That level of your mind permits you to turn your head only part way to the right and part way to the left... That part of your mind keeps you from spreading your legs completely apart and doing the splits, unless your body is capable of comfortably doing the splits... As you exercise your body, your mind adapts and permits you to turn, and twist, and bend your body more and more, and still remain comfortable... Anytime you go beyond the limits of your capability, your mind permits you to experience discomfort to give you a signal, letting you know that you have gone beyond the limits your body has adjusted to...

The subconscious and unconscious levels of your mind are aware of what I'm telling you and agree with what I'm saying... Everything I'm telling you is for your own benefit, for

your own well-being, and for the improvement of your health...

The willingness of the unconscious levels of your mind to continue learning is what enables your mind to protect you and keep you healthy, because your inner mind knows that you were created to be healthy...

You are continuing to feel more comfortable now as you are becoming more aware of the fact that hypnosis can help alter your perception... It can remove any features of your character that you want to change... It can improve your memory, and it can enable you to have complete control of the feelings and sensations of your body...

You can continue relaxing now and I will give you some suggestions and guidance that will enable your body to be completely healed from arthritis and you will be free from pain...

I would like to have you use your imagination now... Imagine that you are standing in front of a full-length mirror... Imagine that your body is lit up in different colours... The different colours represent the feeling you are experiencing

in different parts of your body... When you are aware of your entire body and the different colours in different parts of your body, you will raise your right hand up a few inches toward the ceiling to let me know...

(Wait for hand to lift, and then proceed as follows :)

Notice especially the part of your body where you have been experiencing arthritis... When you are aware of that part of your body, you will raise your right hand up toward the ceiling again... (Wait for hand to lift, and then proceed :)

Now tell me which area of your body is experiencing arthritis and tell me the colour of that part... (Pause for response.)

Now tell me which part of the body you have been experiencing the most pain. (Wait for response.)

You are beginning to experience perfect peace of mind. . You are realizing that with the educational background and training you have, all you need to do is continue relaxing and rely upon the unconscious levels of your or mind to direct and guide you.

Let the unconscious levels of your mind shift back to the time when your body was experiencing light that represents comfort in every part... When you are there, one of the fingers on your left hand will rise toward the ceiling and your finger will remain up until I tell it to go back down... (Watch for finger to lift as you continue the following suggestions.)

You can continue becoming more relaxed and peaceful and you are allowing yourself to take control of your body through the unconscious levels of your own mind... You can become even more relaxed, and with that relaxation, the healing energies of your body can function in an easy, natural way...

You are experiencing a growing feeling of confidence that you have the ability to make changes, and those changes are making your body even healthier... Your inner mind is assisting your body's normal healing functions as you continue relaxing peacefully and calmly... (After a finger has lifted and you tell it to go back down, continue as follows :)

I would like to have you move to the first time, the first moment when the light was there that caused the arthritis to begin... When you are at that time, tell me your age, and also

tell me what is happening... (Pause and give client n chance to respond.)

I'm going to ask some questions that can be answered "yes" or "no." If the correct answer is "yes," the finger next to your thumb on your left hand will rise toward the ceiling... If the correct answer is "no," (spell N-O.) the little finger on your let hand will rise up toward the ceiling, and your finger will remain up until i tell it to go back down...

(Proceed with questions :)

Is there any reason that you need to continue experiencing arthritis?

(If the answer is "no." go on to the next question.)

(If the answer is "yes" ask :) Is it okay tor you to get rid of 90 percent of the pain as the unconscious part of your mind is working out the best way to heal you from the arthritis completely.

When the unconscious levels of your mind know changes have started and your body is getting rid of the arthritis, your "yes" finger will rise and remain up until I tell it to go back down... (After "yes" finger has lifted, continue as follows :)

Now I want you to move forward to the time when you will be completely free from arthritis and all pain will be gone... When you are there, your "yes" finger will lift up... You will know the month, the day, and the year when you will be free from arthritis...

You feel safe, secure, calm, and peaceful and relaxed... You are experiencing a sense of peace within... You feel confident and happy... You are ready to come back to a wide awake, fully alert state, feeling much better physically and mentally... The healing processes of your body will continue functioning even after you awaken from the hypnotic state... Your body is healing in a way that is pleasing to you.

REMOVE PAIN

I wonder, as you continue relaxing more and more, if you would enjoy remembering a time when you were completely free from pain... That was a very enjoyable time for you... You can enjoy it again if you choose to do so, or maybe you would prefer recalling an experience during your childhood when you were at a park or playground having a good time playing on the swing, or playing games with other children...

Who knows how much more comfortable you will keep feeling? I don't... That is, I don't really know for sure... I'm quite certain you will feel much better than you did when you came here for this session... However, just how much better you will feel is as unclear to me as it is to you... I would be taking a lot of credit for myself if I told you that you are going to feel really comfortable, relaxed, calm, peaceful and at ease, just because I have helped you go into a hypnotic state and the unconscious levels of your mind are accepting everything I'm telling you and making it true...

Even though your body is continuing to relax more and more each time you exhale, whatever relief you feel, either now, or when you awaken and even tomorrow, you will realize that the unconscious levels of your own mind is doing it, because you want it to happen... I don't know how your inner mind

can cause that to happen... You may have some idea about it, or you may just find yourself feeling more comfortable and more at ease automatically without knowing how it happened...

While your mind is reviewing what I've said to you, and you are realizing that today is today, and you know what day this is... You are also realizing that tomorrow will also be today and tomorrow today will be yesterday... Well anyway, your expectation is increasing, and in a short time you will realize that what you came here to experience has been achieved in a very pleasant way...

Before you come back to a wide awake, fully alert state, I would like to invite you to have the luxury of having the experience of lying on the beach at a beautiful lake... So in your mind now, let's travel there... Everyone is happy at the beach... There are umbrellas of many different colours; you can smell the fresh air as a pleasant breeze flows in from the water... You notice children and adults swimming in the water... You even see a couple of the children floating on an inner tube... You notice a little girl doing somersaults... Before each one she asks her mother to watch... Her mother always answers, "Yes, I'm watching." You notice a sailboat floating out beyond the swimmers... Everything is so calm

and peaceful... Everyone seems to be happy... You are really enjoying perfect peace of mind... (Pause a minute or two)

Now, in just a moment I'm going to leave the room... As soon as I walk out of the room you will begin awakening from the hypnotic state... You will take just as much time as you need to awaken fully... You will pay the receptionist and have her set up another appointment for you to come back next week to reinforce what you have accomplished today, and you will experience even more benefits... You will awaken feeling wonderful... You will feel happy and contented.

TRANSFERRING BACK PAIN TO THE RIGHT EARLOBE

Note: {You transfer pain only as a temporary measure, while the mind is working of a way of healing the place where the problem has been. You get the pain to move to a part of the body that is so ridiculous the person will not be aware of it most of the time.) (This prescription can also be used for transferring the pain of headaches, broken bones, and other types of pain as you are having sessions to uncover the real cause of the pain And getting take client's mind to cause proper changes to occur and eliminate the problem completely.)}

I want you to concentrate on your right hand now and notice all the feelings and sensations you are experiencing in your right hand as I count from one to ten and the subconscious and unconscious levels of your mind transfers the pain from your (Mention the spot where pain is occurring.) to the earlobe on your right ear... Each time I say a number the pain transfers a little more... By the time I say the number ten all the pain will be transferred to the earlobe on your right ear...

As I'm counting to ten you may notice feelings of warmth in your right hand, or you may be aware of tingling feelings... Possibly it might be a feeling of lightness, or coolness, or heaviness that you notice... It is also possible that you will

experience more than one feeling in your hand as I count to ten. Just notice whatever you feel in that hand I'm going to count from one to ten now... With each number I say, your back will keep feeling more comfortable... It may even experience numbness, and keep becoming more at ease...The earlobe on your right or is receiving that pain from your back.

You may be aware of the pain leaving your back and moving into your right earlobe, or it may happen so automatically that you'll be unaware of what is taking place as you are completely aware of the feeling you are experiencing in your right hand...

1... Notice the feelings and sensations in your right hand...You will continue becoming more aware of those feeling as I continue counting., 2... You may notice those feelings beginning in the tips of your fingers fast and gradually moving all through your hand... 3... The feelings are increasing... It may be tingling, or possibly a feeling of lightness or heaviness... 4... The feelings are becoming more noticeable... 5... As you continue becoming more aware of those feelings in your hand, they are replacing the feeling in your back...

Your mind is already beginning to review what caused that problem in your back, and the unconscious levels of your mind are working out a way to resolve the problem and heal your back completely and perfectly...

6... That process of change is happening easily and naturally without any conscious effort by you... 7... The changes are happening in a very pleasant way... Your inner mind is causing the changes to happen in ways that you aren't even consciously aware of... 8... Notice what is happening in your right hand... You are becoming even more aware of it now... 9... 10...

Now (Mention client's first name), what feeling or sensations did you experience in your right hand? (Wait for explanation.) Put your hand on your right earlobe now and notice that you can feel a little pain there... (Wait for response.) How does your right earlobe feel? (Wait for response.) You can keep that pain in your right earlobe for as long as you have need of it, while the subconscious and unconscious level of your mind are working out the solution to the problem, and is causing the healing processes to continue working automatically... Your back is healing perfectly and rapidly, in a way that is pleasing to you... When the healing has been completed, all normal feeling will return to your right earlobe and your back.

AMNESIA FOR PAIN

A very good way to get rid of unpleasant feelings is to forget them... It is very common to forget many, many things that you are actually feeling as you go about your daily activities... For example, I want you to notice your right foot now... Notice the feeling of the shoe on your foot... Tell me which part of your foot is experiencing the feeling of your shoe the most... Is it the top of your foot...? Is the left side of your foot experiencing the feeling the most, or is it the right side of your foot that is experiencing the feeling the most, or possibly is it the bottom of your foot that you are most aware of... (Pause)

Now answer this question: did you notice the feeling you were experiencing in your right foot before I called your attention to it? (Wait for response.)

While you have been concentrating on your right foot, have you been noticing the feeling of the clothes you are wearing on your body? (Wait for a response.) Okay, I want you to notice the different parts of your body where you are feeling your clothes touching you... Tell me what you notice... (Wait for response.)

You have been learning since the time of your birth how to be unaware of most of the feelings you are experiencing... For example, as you are sitting there comfortably right now, you aren't even noticing that you are continuing to become more and more relaxed... You are also breathing more easily and freely... You have probably not been noticing the feeling of your shoe on your left foot, or the feeling of the chair touching your body... (If the client is wearing glasses) And you probably forgot to notice the feeling of the glasses you are wearing... Now you can feel them,,, and now you are noticing that you feel them... Isn't it strange how easily you can forget what you are actually feeling? We've all had a lifetime of experience in developing anaesthesia in all parts of our body... We do it without having any kind of a drug put into our system... We do it without being told to experience anaesthesia... We do it because we have had a lifetime of experience learning to automatically turn off sensations and feelings we don't need to be noticing... We can also turn them on again when we want to be aware of them...

In just a moment I'm going to count from five down to one as you forget how to lift your left arm... When I reach the count of one you will try to lift your left arm so you will notice that you have forgotten how to lift it... 5... You are continuing to become more relaxed... 4... Notice the soothing sounds coming from the tape recorder... 3... Notice the feelings you

are experiencing in your right foot... 2... You are very much aware of the feelings of the shoe on your right foot... 1. . You are calm and relaxed... Notice as you try to lift your left arm that you have forgotten how. Try to lift your left arm... Very good... Now continue relaxing even more. . You remember how to lift your left arm now... Lift your left arm so you will be aware of how easily you can lift it...

Okay... You are doing real good... You are aware now that you can forget things that you want to forget... You can create amnesia quite easily,,, so I'm going to count from 100 back to 90 now as you forget that pain you have been experiencing... You are going to eliminate that pain a little with each number I say... At the same time your subconscious mind is going to review what caused that pain to develop, and work out the solution, and heal that area of your body completely...

When your mind understands what caused that problem, and knows that changes have started so it is being healed completely, one of the fingers on your right hand will rise up toward the ceiling and your finger will remain up until I tell it to go back down...

100... You are still remembering the pain right now, but each number I say it keeps diminishing a little more... 99... By the time I reach the count of 90, you will have forgotten about that pain completely... 98... You are continuing to feel more comfortable and more at ease... 97... You would probably be satisfied to get rid of only 50 percent of that pain; however, I don't think that is reasonable... That's why your subconscious mind and all levels of your inner mind are cooperating to eliminate the pain completely... 96... You are beginning to experience perfect peace of mind... 95... I want you to try and remember the last time you rode in a car... 94... Was it before you started to school? Or was it while you were in the first grade? 93... What colour was the first car you rode in? Did it belong to your parents, or a friend of your parents? 92... There is a deep universal healing spirit within you and in the world that the unconscious part of your mind is attuning to... It is healing your body in a very pleasant way... 91... Forgiveness and love are parts of that universal healing spirit that enables your body to keep becoming healthier and stronger.., 90... When you awaken from the hypnotic state, your thoughts will be focusing on love and forgiveness... You are forgiving yourself and you are forgiving others...

Healing love is flowing all through your body... In just a moment I will be counting from one to five to enable you to come up to a wide awake, fully alert state, feeling calm and

peaceful... When you awaken you will feel much better than you did before you were hypnotized... You will feel better mentally and physically.

OVERCOMING HABIT PATTERNS

(Stop smoking, bed-wetting, nail-biting, thumb-sucking, etc.)

Close your eyes and listen closely as I talk to you... Take a deep breath and let it out slowly... Keep doing that five or six times and notice that you continue becoming more relaxed and more comfortable...

The fact that you are here for this appointment shows that you have all the motivation you need to overcome that problem... You also have all the desire you need to overcome that problem. Yet there is one thing that you still need, which you don't have, and that is self-confidence...

You have probably tried many different things to overcome that problem... Everything you have tried has been unsuccessful, and you probably expect hypnosis to be unsuccessful too.... However this time you are going to be surprised... Before this session is over, you will have all the self-confidence it takes to be successful... You can notice how comfortable you are right now and not even notice that your entire body is continuing to become more and more comfortable...

Through the years that I have been hypnotizing people, I have had many clients come to me with almost every kind of problem you can think of... Many have been successful in reducing their bodies... Over 95 percent of those who came to stop smoking were completely free from the smoking habit after only one session with hypnosis... Most people who have come with nail-biting, thumb-sucking, or bed wetting problems have also been successful in getting rid of the problem after only one session of hypnosis...

I recall hearing about a man who had just bought a brand new house, a really expensive house in the nicest part of town... He had admired houses in that part of town for many years, ever since he was a young boy, and he had been wishing he could live in that part of town for a long, long time... Now his wish had come true... He finally had enough money to build a behind new home, just as beautiful as all the other homes in that part of town ...His home was decorated in nice colours of (fit serf colon o/the client's clothing.)

The greatest thing was that he had his house at last... It is easy to understand how excited he feels about it...

I remember that I had wanted a big, beautiful car for many years; however, the price was much higher than I could afford. Yet I couldn't get it out of my mind... I imagined myself driving down the highway in it. I imagined my wife driving it... I imagined people seeing it and admiring it, wishing they had one like it... I couldn't get it out of my mind... I thought if I had that big, beautiful car, I'd have everything I need to be happy. I finally realized that it would only have been new for a while, and then it would have been just like the car owned by many, many other people... I realized that happiness cannot be found in possessions.... to be really happy, I needed to feel good about myself...

Now I understand that no one likes to be told what to do, and if I told you that you need to stop , you may resent it, especially since you came here for that reason, and you had already made that decision before coming here, without me telling you... It's really wonderful that you made your own decision to stop . So you don't need to have me telling you what to do...

You already know the reasons you want to stop So I don't need to be telling you why it is good that you decided to end that problem... but I do know how proud you are going to be now that you have made your own decision to get rid of that problem... and I know how good you're going to feel when

you leave here today and find that you are completely free from that problem...

What you know now that you didn't know before is that you have a large amount of no desire to ever do that again...

You made your own decision to get rid of that habit, and you decided that you wanted the good feeling that comes from being free from that problem and from taking responsibility for your own behaviour...

You made a wise decision when you decided to let go and get rid of that problem for now and forever, not needing to know how your unconscious mind worked out the solution for you...

Now, I'd prefer that you stop immediately, but you are the only one who can make that decision, and you have decided that you are stopping completely . (Insert time that the client has decided to stop)

Some people wait an hour, some wait until after dinner, and some stop immediately... Others stop just before going to

bed... However, you have already made the decision to stop
so you are feeling good about knowing that when you
get up from that chair, you will definitely know the time
when you will be free from forever.

THROWING AWAY YOUR CIGARETTES

You have decided that you want to stop smoking, and you had a right to make that decision... You realize that smoking is a childhood or teen-age pattern. It's something that young people do to be accepted by their peers, and now that you are an adult you are aware that you need to eliminate the smoking habit.

You are ready to get rid of cigarettes for now and forever... You are at the same time getting rid of the smoking habit for now and forever... You are changing yourself to something you want to be -- a non-smoker...

At some point in your life, you were a non-smoker... I want you to look back to that time in your life -- the time when you were a non-smoker... Go back in your memory to a time when you were a non-smoker... Let that memory be very real in your mind ... experience the feelings of how clean and healthy you are... You feel wonderful... Notice that you don't have any desire for a cigarette... Notice that you have no urge or desire to smoke a cigarette... The craving to smoke a cigarette doesn't exist in your memory. Visualize yourself as you were then... Relive the memory... Remember how good

you felt... Your entire body is free from nicotine and tar... You smell better...

Your food tastes better... Your lungs are clean and healthy... Let the happy thoughts of that memory be very real in your mind... See yourself and remember yourself as a non-smoker...

Later, when you awaken from the hypnotic state, you will feel that you are a non-smoker... You will be completely free from the smoking habit... If you have any cigarettes and a lighter with you, you will leave them here, and when you leave this office you will know you are a non-smoker...

When you see someone else smoking, you will remain calm and relaxed and be thankful that you are a non-smoker. . You will realize how immature people look puffing on weeds... You will feel proud and be proud because you are a non-smoker...

You realize that your subconscious mind caused changes in your body, without any conscious effort by you and made your hand numb, now your mind is causing rapid changes that are cleansing all nicotine and tar out of your body within

the next twenty-four hours... Your minuses are being cleansed from all nicotine and tar... Your throat is being cleansed from all nicotine and tar... Your lungs are being cleansed from all nicotine and tar, and every other part of your body is being cleansed from all nicotine and tar... All nicotine and tar will be cleansed from your body within the next twenty-four hours...

You will enjoy the clean taste in your mouth... You will feel cleaner and healthier all over...

You will get rid of all the ashtrays, cigarettes and lighters from your home... You will be happy to have a home that is free from the smell of tobacco...

You are being very special... You are being mature... You are making a real advancement in your life by getting rid of the smoking habit... You feel proud of your decision to be a non-smoker... Say to yourself: "I am proud to be a non-smoker." Your subconscious mind and the unconscious levels of your mind understand that you are now a non-smoker... You made the choice to be a non-smoker... From now on you

think of yourself as a non- smoker... You live your life
permanently and positively as a non-smoker...

AVOIDING ALCOHOL

Going to that wedding next Friday was something that Julie was dreading... It wasn't just because it was her own wedding she was going to... It could have been any person's wedding; it would still be a problem for her...

She had recently been hypnotized to overcome alcoholism, and she was worried that if she got around people who were drinking that the temptation to drink would be too strong for her. She was afraid she would find herself drinking again... She hadn't been around people who were drinking since she had been hypnotized several times to help her quit, so she really hadn't been tempted... In fact, she hadn't had any urges or desire to drink... However, it was only a few days until her wedding... She was fearful that the wedding reception might be a really difficult test, with everybody drinking and engaging in the kind of behaviour that she had just recently gone through hypnotherapy to overcome...

She wasn't concerned about the wedding itself... She would enjoy that... Her dread was the reception... She had thought about it a lot, and she didn't know whether or not she had what it takes to avoid the temptation to drink... It had only been a few months since she had overcome the problem...

She wasn't sure she was like Jane, her neighbour who had told her about hypnotherapy, and hadn't taken a drink for over a year after her hypnosis sessions...

Jane had a lot more experience at remaining sober than Julie, and after going more than a year without drinking anything alcoholic, she had a lot more confidence she was so confident that she was able to go to parties without having any urge or desire to drink... She could be around other people who were drinking and never want to take even a tiny sip of anything alcoholic... She didn't think about drinking any more...

I think Julie will soon realize that she also is a non-drinker... She just hasn't been free from the drinking problem long enough to be confident that she is now a non-drinker... She will soon have just as much confidence as her friend, Jane... She will discover after her wedding next Friday that her confidence will increase tremendously... Each time you have the strength and courage to avoid taking a drink of alcoholic beverage, your self- confidence keeps increasing... You can subconsciously and unconsciously know that and recall those many times you avoid drinking... You will find that quite soon you won't even be thinking about drinking alcoholic beverages any more.

Well, anyway, Julie's wedding day came, and much to her surprise, she didn't even think about drinking... She had a wonderful time... The reception was over, and she and her new husband had left on her honeymoon before she became aware that she hadn't even thought about drinking... It has been more than two years since her wedding day... All that time, and she is totally free from the drinking habit.

Perhaps you are thinking that others may respond that way, and you are wondering if it will be that easy for you...

I asked Julie if she could explain how she was so worried about drinking before her wedding, and yet have no urge to drink, and not even a thought about drinking at her wedding reception... She said she really wasn't sure at the time, but after thinking about it, she realized that she spent most of her time at the reception with people who didn't drink, and she became intrigued with them and really enjoyed talking with them and the thought of drinking didn't even enter her mind...

Julie went on to explain that somehow she had learned to balance her confidence, and not become over confident...

She reminded me that an athlete who has no confidence would never enter the race, and the athlete who is overconfident may not train adequately to be successful... So Julie developed a proper balance of confidence... She is now confident that she is a non-drinker...

You are probably wondering if you will be successful in situations where you might be around others who are drinking... Your subconscious mind knows that you are totally capable of being completely free from the habit of drinking alcoholic beverages... Once your subconscious mind works out the solution to that problem, you will find that you are a non-drinker...

You will simply apply your subconscious learning and be amazed to find all urges for alcohol gone... All desires for alcohol will be gone... In fact you will rarely have a thought in your mind about drinking any kind of alcoholic beverage... You will be proud of what you have accomplished... It will give you great pleasure to say "no" to anyone that offers you a drink of any kind of alcoholic beverage. (Use self-confidence prescription.)

OVERCOMING COCAINE ADDICTION

It's interesting to realize, how we sometimes deceive ourselves... Some people tell themselves they can't stop smoking... It is too hard... Some people tell themselves they can't stop taking cocaine... It is too hard... When they feel the urge to take cocaine, it may very briefly seem too hard... What makes it too hard? I want you to use your imagination now, and you will be able to demonstrate to yourself, something that makes it seem hard...

I want you to hold your left arm straight out in front of you and clench your left fist. Make your left arm rigid and stiff... Make it even stiffer now... Make it so stiff and rigid that it feels like it will not bend... Notice that it keeps getting stiffer and more rigid with each number I say as I count from one to ten...

One... notice the power and strength in your left arm as you keep making it stiffer... Two... Three... You are making it so stiff and rigid it will resist your efforts to bend it... Four... You are making it even stiffer... Five... Six... Notice that it is very stiff and rigid now. . Seven... It feels as rigid as a bar of steel... Eight... It is already so stiff that if you tried to bend it, it would keep getting stiffer... Nine... When I say the next

number you will try to bend your arm, so you can notice that it remains stiff and rigid... The more you try to bend it the stiffer it becomes... Ten... It is so stiff and rigid now that it will resist your efforts to bend it... Try to bend your arm now, so you can notice that it keeps becoming stiffer and more rigid... (if the client bends the mm say, "Now you realize that you tire in control... You can overcome thoughts and idea that has been put into your unconscious mind ... You are also realizing that you also have the power to overcome the cocaine habit.) (If the client is unable to bend the arm, say, "Now you are aware of the power of your unconscious mind... when it accepts an idea the idea controls you even when you consciously try to resist.)

Your left arm feels rigid and stiff because you are telling yourself it feels stiff and rigid... I put the suggestion into your mind that your left arm is rigid and stiff, and your mind accepted it. Your mind became convinced that your left arm is stiff and rigid...The only thing that makes your left arm stiff and rigid, is your mind irrationally telling you that it is stiff and rigid...

Now, I'm going to touch your left hand, and you will notice immediately that you can open your fist and bend your left arm easily... (Touch left hand) Now you notice that you can easily bend your left arm...

Think about that now... A moment ago, you couldn't bend your arm; now you can... What makes the difference? (Wait for response.)

Occasionally when something seems difficult, some people say to themselves "I can't do that..." Others say, "I'll never be able to do that." They give up... They deceive themselves... Of course, they can do it. It is merely their mind that has decided it is too difficult...

When a person becomes determined to stop smoking, or stop drinking, or get rid of the habit of taking cocaine, they discover that the unconscious part of their mind cooperates, and enables them to overcome the problem easily... There is no logical reason that life should always be difficult... When we choose to accomplish something that seems to be difficult, we discover that we become stronger... We progress as a person... We feel good about ourselves... Remember, you can and will go on living without cocaine... When you feel a momentary urge to take cocaine, tell yourself you are free from it... You have decided to treat your body well... You need your body to live and you want to live the rest of your life in a healthy body... You have chosen to be free from cocaine...

If you are around other people who are taking cocaine, you will remain calm and relaxed... If you see other people taking cocaine, you will be even more thankful that you have stopped taking it... Your health will keep improving each day, and you will notice that you will feel much better both mentally and physically.

(Use someone or more of the Stop Smoking prescriptions if further sessions are needed)

IMPROVE ALL ATHLETIC SKILLS

The power of your mind to improve athletic performance has become widely recognized... Your mind cannot give you skills, you do not possess however it can improve abilities you already possess. We all have many abilities that we are not consciously unaware we have...

Thousands of athletes today have learned to use mental imagery to develop and perfect their skills and actually win in numerous sports... They do this by mentally practicing their sport to add to the improvement they get from their real practice...

The power of using your imagination to practice developing your athletic skills is so great that many teams are now using it in basketball, football, track, and baseball. It is even being used by various Olympic teams, such as the United States Olympic judo team. It has been effective in improving their skills immensely.

The key to increasing your athletic abilities through the power of your own mind is to rehearse the skills over and over again in your mind... Rehearse the skills you already

know in your mind... When you rehearse them always imagine yourself performing perfectly... This reinforces the ability correctly in the unconscious level of your mind... Your mind then causes you to perform the ability correctly when you need to use it in competition...

Another way to improve your athletic skills is by selecting a professional that already performs the skill correctly... Observe that professional athlete as often as you can... As you observe other outstanding athletes performing, it makes an impression in the unconscious levels of your mind... You soon find yourself performing in the same way as the athlete you admire...

When you use your imagination to perform your skills, always see yourself doing it correctly... By doing it correctly in your mind, you will soon be performing more perfectly when you participate in actual competition... What you perform in your mind will quickly translate into reality....

When you are imagining yourself performing in your mind,,, See yourself dressed as you would be when in actual competition... See the environment and the weather the way you expect it to be.

Imagine yourself practicing your skills perfectly over and over again... Do this as vividly as possible... See yourself and others dressed appropriately... If others take part in the event, see the others clearly... The more you make this mental exercise as real as the actual competition, the more powerful it will be in improving your ability in the real life event...

Repeat this visualization over for a few minutes each night just before you go to sleep... It will continue becoming more deeply reinforced in your mind, and that will give it more power when you are actually participating in real competition... Feel yourself becoming more talented and skilled as you are participating in your normal practice routines... This feeling and the abilities to perform correctly will carry over into the time when you are taking part in real competition... You will notice your performance continuing to improve...

Your confidence in your success will keep increasing and you will be aware of your skills improving continuously.

IMPROVING RUNNING SKILLS

Winning is not always the most important achievement with regards to being an outstanding athlete... More important than winning is being a good athlete... By that I mean being good in all areas of your life... Being a good person,,, Being a good loser...Being a good winner... Having a good attitude... Feeling good about another person who has outstanding athletic abilities...

Jessie Owens seemed like a certain winner in the long jump at the 1936 Olympics in Germany... The year before he had jumped 26 feet, 8 and 1/4 inches - a record that stood for 25 years...

As he was walking around before jumping, he noticed a tall, blue-eyed, blond German taking practice jumps. He was jumping more than 26-feet consistently... Owens felt nervous, and was aware of the Nazis' desire to prove their superiority, especially over blacks...

On his first jump, Owens fouled, going over the take-off board a couple inches... Being even more nervous, he fouled

again on his second jump. . If he fouled one more time, he would be eliminated...

At that point the tall German introduced himself as Luz Long, and said, "The way you jump, you should be able to qualify with your eyes closed," making reference Jessie Owens first two jumps.

He talked to Jessie Owens a few more minutes, and then made a suggestion... Since the qualifying distance is only 23 feet, 5 and a 1/2 inches, why don't you make a mark several inches before the take-off board and jump from there, just to play it safe...

Owens followed his advice and qualified easily... In the finals, he set an Olympic record and earned the second of four gold medals... The first person to congratulate him was Luz Long - in full view of Adolf Hitler...

Long was killed in World War II, and Jessie Owens never saw him again... However, Jessie Owens said, "You could melt down all the medals and cups I have, and they wouldn't compare to the 24-carat friendship I felt for Luz Long ..."

That is what I mean by the importance of having other qualities in addition to being an outstanding athlete: "Being a good sport, and being a caring, loving person is far more important than winning..."

Another important key with regards to being an outstanding athlete is to have the determination to always do your best...

I heard about a runner who always entered every marathon, and in most of the events he would always come in last... One day, after running a couple of miles in a marathon, he was again in last place... As he was running, he thought to himself, if I would just go a little faster, I could pass the guy in front of me... He picked up his speed a little and soon passed the runner in front of him... He then decided the same thing about the next runner in front of him... He continued doing this throughout the race, and finally when the race was completed, he discovered he was the winner... He kept passing each runner and without realizing it, he had passed all the other runners in the race.

We are always capable of doing better than we have been doing... The unconscious level of your mind is remembering that you, too, are capable of running faster... You are capable of continuing to improve in your running skills...

From now on, every time you are running, you will be relaxed and calm. Your coordination will keep functioning more perfectly... Your reflexes will continue improving... All of your muscles, ligaments and tendons will keep functioning more perfectly, and your running skills will continue improving each time you run.

You are continuing to feel more comfortable and more at ease from the top of your head to the tips of your toes...

The unconscious level of your mind is hearing and receiving the suggestions I'm telling you... Your mind is causing you to put them into your own actions...

Your unconscious mind is very receptive of everything I'm telling you... Your mind is hearing and accepting what I'm saying... Everything I tell you is making a deep and lasting impression in your mind... The unconscious level of your mind is causing you to be in charge of your automatic reactions... The movements of your muscles, your nerves, your ligaments and tendons are responding to your conscious desire to be an outstanding runner... Your natural running ability is continuing to improve...

Now, I'm going to give you a few suggestions that will improve your concentration... I want you to imagine that you are out on the track running... In your mind you are realizing that you are an outstanding runner... You have developed perfect coordination of all your muscles, your ligaments and your tendons... You are a well-coordinated, steady runner... Being a good, steady runner, means that you are capable of winning... So from now on when you are participating in any athletic running event, you will have confidence that you are capable of winning... Your concentration will be perfect... Your coordination will be perfect... Your mind will be ready and your body will be ready... You will keep practicing to keep your body in good condition, and your stamina will improve tremendously.

Your self-confidence, your self-acceptance, and your self-reliance will keep improving... Your success in running will keep improving... The unconscious level of your mind will cause just the right amount of adrenalin to flow through your body to cause you to run smoothly, calmly, and easily... You will really be pleased with the improvement you notice in your running ability.

IMPROVING IN BASEBALL

It is your desire to excel in your ability as a baseball player... You have chosen baseball as a sport in which you want to continue improving your talents, skills and abilities... You love the game of baseball and have great enthusiasm for it. It is so important in your life that you want to be an exceptionally outstanding player...

Baseball has its own special brand of competition... It is a team sport in which each player on the team contributes in his own special way... As you know, each player plays a different position and needs to keep practicing so he can play the position perfectly... Each player must also be able to hit the ball with exceptional ability, and therefore must continue improving his skills to attain a high average in batting.

To be an excellent baseball player, the top players in the game say, there are several basic qualities and attitudes you must develop to help you be outstanding in the game of baseball... Knowing those qualities and attitudes and having them implanted in the subconscious and unconscious levels of your mind causes you to continually increase your abilities and be the really outstanding baseball player you are capable of being... As I am telling you those important qualities and

attitudes, you can continue relaxing more completely and comfortably.

There may be times when I'm talking to you and it may seem like my voice is a long distance away... There may be times when I'm talking to you and you may be consciously unaware of my voice... That's okay because the Unconscious levels of your mind will hear and receive everything I tell you... Your mind will cause you to put everything I tell you into your own actions...

One of the first qualities needed to become an outstanding baseball player is to have an intense interest in the game... Having an intense interest in the game gives you a reason to make a personal commitment to keep improving your skills... The desire to keep improving will cause you to train and keep your body in top physical condition at all times...

From now on you will exercise your body regularly and practice to keep your body strong and fine tuned so that your reflexes and coordination will always function perfectly... Your desire to be an excellent baseball player will continue increasing... That will cause the unconscious levels of your Mind to motivate you into - doing the proper training needed to be an outstanding baseball player...

A second quality in being an outstanding baseball player is to practice the skills of your position correctly... Every sport requires that you have good speed, good timing and coordination... You also need to have the necessary strength, energy, and proper reflexes to enable you to make the right moves in the right way to handle your position perfectly... So from now on you will devote a sufficient amount of time perfecting all the requirements of your position... In your mind you will practice making every move correctly so that when you participate in actual competition, you will automatically make every play perfectly...

You will watch outstanding professional baseball players who play the same position that you play... You will observe what they do to make every play correctly... The unconscious levels of your mind will remember what they do correctly and enable you to make every play correctly when you are required to do so in competition...

Doing what I am suggesting will help you improve your talents, skills, and abilities as a baseball player rapidly... By taking some time each day to sit down or lie down in a comfortable position and imagine yourself performing all the actions and techniques required for the position you play, on

the team, you will find yourself improving quite rapidly... Imagine yourself make every play perfectly... You will do it correctly in your mind, and that will enable you to do it correctly when you are participating in a game... Imagine yourself going over each play time and time again; always doing it perfectly... In an easy, natural way your mind will direct your body to perform the moves and actions needed as you are playing your position in actual games... The subconscious and unconscious levels of your mind will cause you to instinctively play your position correctly each time you are participating in an actual game of baseball...

A third quality involved in being an excellent baseball player is to be calm and at ease at all times, regardless of the condition of the field you play on...

Baseball is an outdoor sport, and each field is different... The weather conditions are different each time you play a game... You are now increasing your ability and poise to adapt to any situation you are required to play in, with calmness and ease... You will be calm and relaxed at all times when you are taking part in a baseball game... You will play your position perfectly even if the crowd is quiet or noisy, even if airplanes are flying over, even if the sun is bright or cloudy... Your concentration will be perfect at all times and under any condition when you are participating in a baseball game.

You are the expert... You are the master of your position... You will also be an outstanding hitter... Everything that you do to keep improving your skills at your position, you will also do with regards to your batting ability. When you are at bat, you will be calm, relaxed and confident... Your vision will be perfect... When the ball is pitched you will see it clearly... It will appear larger than normal... It will seem to come toward you slowly, allowing you plenty of time to see it clearly and hit it firmly whenever the pitch is in the strike zone.

Continue breathing easily and freely now... Keep moving into a more peaceful, calmer, more relaxed state, as your mind continues receiving the suggestions I'm telling you...

The fourth quality and attitude you are developing is a desire to always play to the best of your ability... You will also have a strong desire to win... However, if you lose, you will remain calm and you will recognize the skills of your competition... You will keep practicing and improving your own skills to continue becoming more perfect...

When you are batting, you will always do what is best for the team in the situation you are in... If you need to bunt the ball,

you will have practiced bunting so you can do it perfectly... If you need to get a base hit, you will have practiced so that you will be able to do that perfectly... You will be capable of hitting the ball with strength, with accuracy, and with power...

You welcome competition... You always do your best, and you always recognize the abilities of your competition... The better the competition, the more your abilities keep improving...

On the days when you are participating in actual competition against another team, you will always have the ability to perform in an exceptionally outstanding way... You will be at the peak of your ability mentally, physically and emotionally...

You know that by continuing to practice on the field and in your mind, you will continue to improve, so if at any time you make a mistake, you will accept it, learn from it, and continue practicing so that you will be able to continue performing more perfectly...

One final point you will be sure to remember, is that all outstanding athletes get the proper amount of sleep and rest... When you go to bed for the purpose of sleeping, you will easily drift into calm, peaceful, state of sleep ... You will sleep comfortably until it is time for you to awaken... When it is time for you to awaken, you will awaken, feeling rested and refreshed... You will continue having more strength and energy from relaxing so peacefully as you sleep... Each day your self-confidence, self- acceptance, and self-reliance will keep increasing... Your skills as a baseball player will keep improving...

In just a moment I will be counting to five for you to come out of the hypnotic state... You will come out of hypnosis a little more with each number I say... When I say the number five, you will open your eyes... You will be wide awake and fully alert. You will feel wonderful... You will feel much better than you did before we started this session.

PERFECTING YOUR BATTING SKILLS

(For Baseball or Softball)

Permit your body to continue relaxing now as you really enjoy this experience of improving your batting skills...

In a moment I will begin counting from five down to one as you become even more relaxed and the unconscious levels of your mind are getting ready to receive the suggestions and recommendations I will be telling you...

Five... You are becoming even more relaxed... You are hearing each word I say, without any conscious effort ...

Four... A calmer, peaceful relaxation is moving through your entire body, from the top of your head, to the bottom of your feet... You will soon be experiencing a procedure that will improve your batting skills exceptionally... Three... Your self-confidence is increasing... You are anticipating outstanding improvement in your ability to hit the ball harder and more perfectly than ever before... Two... Relaxation is moving all through your body... You are feeling and sensing your athletic abilities continuing to improve...

You are realizing that the more you practice batting the ball in your mind and out on the field when you are participating in actual competition the more your ability to be a really great hitter will keep improving... One... You are in a perfect

state of hypnosis to use your imagination to improve your batting skills...

So I want you to imagine now that you are out on the baseball held with several of your team mates... You are standing at home plate with a bat in your hands... The catcher is behind you... The best pitcher on the team is getting ready to throw the ball toward horn plate... You watch the ball leave his hand... Even though he has thrown his very best fast ball, you are seeing it as if it is coming toward home plate in slow motion... You see it clearly as it arrives at home plate... You swing the bat perfectly, meeting the ball solidly... You watch as you see it going over the head of the outfielder... You see the outfielder look up as the ball goes over the fence and out of the ballpark...

Now you are at bat again, ready for the pitcher to throw the ball... The pitcher decides to throw a curve ball this time... As it comes toward you, again it appears to be moving in slow motion... You easily see that it is going to curve... When it gets to home plate, you swing the bat and meet the ball perfectly... You see the ball going into the outfield... The outfielder is moving back and can only watch as the ball goes over his head and over the fence... You are continuing to see yourself hitting each pitch solidly... You hit many of them as solid line drives... Many of them over the outfielders head

and over the fence... Each time the pitcher throws the ball, you see it clearly as it comes toward home plate... You swing the bat perfectly and meet the ball solidly hitting the ball out of the reach of the fielders each time...

I want you to keep doing this in your mind for the next two minutes... I'll talk to you again in two minutes and give you additional suggestions that will be helpful to you... (Pause for two minutes.)

Now I want you to see a different pitcher coming in, and see yourself hitting every pitch he throws... You hit each pitch solidly... Continue doing this for the next few minutes... See the pitchers changing several times and see yourself hitting each pitch that is over the plate in the strike zone perfectly... (Pause for two minutes.)

Now see yourself leaving the batter's box... You go back to the bench and you are congratulated by your team mates... They all admire you... Your self- confidence is increasing... These suggestions are firmly embedded in your mind now... They keep becoming more effective each day... You will notice your batting skills improving... You will continue having more confidence in yourself and in your ability to be an outstanding ball player.

IMPROVING YOUR FIELDING SKILLS

(In Baseball or Softball)

Continue relaxing now and let yourself really enjoy this pleasant experience of improving your fielding skills in baseball/softball...

You will keep your eyes closed and experience your confidence increasing as you keep realizing more and more that you have the ability to be an outstanding baseball/softball player...

The unconscious levels of your mind are so sensitive to what I'm saying that the conscious level of your mind can continue relaxing... The suggestions and instructions I'm telling you are making a deep and profound impression on the unconscious levels of your mind... Your mind is causing you to put the suggestions I'm telling you into your own actions...

The unconscious levels of your mind are what cause you to react automatically. . The unconscious levels of your mind control your ligaments, your tendons and your muscles... Of course, you help all of those parts of your body to respond properly more by exercising their regularly... It is also true

that your automatic responses keep functioning more perfectly by practicing in your mind...

So I'm going to give you suggestions and instructions now that will produce automatic improvement in your fielding skills...

I want you to imagine yourself actually participating in a game now... Think of yourself in your position on the field, and imagine the ball being hit a little bit to your right... See yourself moving to the ball and fielding it perfectly and imagine yourself throwing the ball quickly and accurately to the position it needs to be thrown to... Then see the ball being hit to your left... Again you field the ball perfectly, and quickly throw the ball to the proper player to make the play perfectly...

Continue doing this in your mind... See yourself correctly fielding one ball after another... See and think of your reflexes and coordination functioning perfectly... See yourself moving smoothly... Your entire body is functioning correctly to handle every fielding situation perfectly and accurately.

POSITIVE SUGGESTIONS FOR CHILDREN WHILE SLEEPING

You are a wonderful person.

I (We) love you very, very much. You are loved and respected.

You continue to feel more and more self-confident each day.

You are a very good friend.

You make friends easily because people naturally like you.

You are healthy and happy.

You are very intelligent.

You are loving and kind to yourself and others. You are wonderful.

It is easy for people to like you.

You learn school subjects very easily and enjoy learning what your teacher teaches you.

You enjoy school more and more each day.

You feel very self-confident about yourself you love yourself and respect yourself.

You take good care of yourself.

I (We) love you more and more each day.

You are a wonderful, caring person. You are a wonderful and loving person.

It is easy for you to learn and remember good things.

You are healthy and happy.

You sleep peacefully and calmly each night. You have pleasant, enjoyable dreams each night.

These suggestions are to be said while the child is sleeping. Parents are to read the suggestions just as they are written. The suggestions have been carefully designed for maximum effectiveness. Parents should speak in a whisper, loudly enough to be heard but softly enough to allow the child to continue sleeping. Suggestions can be given every night if desired, and then once or twice a week whenever needed.

CHILD HEALTH AND HAPPINESS

You can open your eyes now and look up at the ceiling... You don't need to look at anything special, just whatever you find interesting...

I'm going to count from ten down to one, and I want you to close your eyes more easily and gently with each number I say... I want you to have your eyelids closed by the time I reach the number one so you will be able to test your eyelids after I say the number one to be sure you have them closed so comfortably that they want to remain shut until I ask you to open them...

Ten... Nine... Feel your eyelids closing... Eight... Seven... Your eyelids are closing even more... Six... Five... Your eyelids feel like the upper eyelids are glued to the lower eyelids. . Four... Notice that your eyelids are closed tightly shut... Three... After I say the next number you can test your eyelids to be sure they remain shut... One... Test your eyelids now and be sure they remain shut...

Let the muscles around your eyes relax even more now... Keep them closed until I ask you to open them...

You are following my directions real good... You may begin telling like you are moving into a state much like a state of sleep... You will still be able to hear the words I say to you...

I want you to pretend that you are on your way to play near a swimming pool, or a lake, or right by a calm part of the ocean... It's a nice warm day... If you are by the ocean; imagine that you are digging in the sand... The sand keeps getting cooler as you continue digging deeper and deeper into the sand... The air smells clean and fresh... You are feeling so peaceful and so happy that you are really enjoying yourself...

Some of your friends are coming to play with you now... You can have fun splashing and playing in the water... You are feeling so good that you are telling your friends just how good you feel... You feel good to be alive... You are happy that you are you... You are really enjoying yourself...

As you run in the sand and play in the water, you can meet other friends and enjoy talking with them... Notice that the sand feels comfortable around your bare feet... You have

really been enjoying yourself... Now you feel like you want to find a shady place and lie down and rest awhile...

You are lying down now... Take a deep breath and feel yourself relaxing even more... Now you are holding a very special flashlight... That flashlight can shine any place you can imagine... Imagine that light shining inside of your body now... It is shining all around the inside of your body... You are looking at the inside of your body; making sure that every part of your body is healthy... You can see the inside of your body and notice that it is in a good healthy condition ... The flashlight shows that your body is getting healthier and stronger each day... Now you see the flashlight shining inside your head; showing you that you are very smart... It shows that you have an excellent mind and that you learn very fast... It also shows that your grades in school will keep improving more and more ...

Now shine the flashlight all over your entire body. . That light is helping you to continue becoming happier and healthier and stronger; enabling you to keep enjoying life more each day...

You are feeling happiness and joy all around you now and you are feeling thankful... Say to your-self "I am thankful..."

Being thankful helps you to feel good, and feeling good enables you to sleep real good at night... You wake up each morning feeling strong and healthy and happy...

Every day you keep having more confidence in yourself and you continue improving in all areas of your life... You realize that you are loved..., Your happiness keeps increasing more each day.

IMPROVING LEARNING ABILITY

(For Ages 5 - 12)

Jane came home from school feeling quite sad... She showed her mother that she had gotten a low grade on her spelling paper... Her mother asked, "Did you study for the test..." "Yes," Jane answered. "I really try, but no matter how hard I try, I just can't seem to get it."

As her mother continued looking at the low grade, her brother, Dick, heard what had been said, and Dick responded, "Hey, Jane, I've always done real good in spelling. Let me help you and I bet you will get good grades from now on..."

That week, Jane got her next spelling list and brought it home so her brother could help her... Dick looked at the list and said, "These words are very easy... You'll be able to learn all these words easily... Dog, cat, run, sit, bed, go, her, him, and try..."

Jane said, "They may be easy for you, but they are hard for me... No matter how hard I try, when the teacher calls out the words I just can't seem to get them right on paper."

Dick told Jane to sit down,,. Then he said, "I'm going to show you something special; something that always works... It seems like magic... This is the magic way I do my spelling and I always get all the words right..."

Jane looked at her brother, wondering what kind of magic way he was going to show her to do her spelling... As she sat there, Dick said, "Let's see, 'dog's-o-g, 'dog.' Now Jane I want you to look up toward the ceiling and pretend there is a magic screen on the ceiling; just like a movie screen or a TV screen... Pretend you have some magic chalk, and you are writing the word 'dog's-o-g on the magic screen... Now close your eyes and tell me when you can see the magic screen..." Jane looked up toward the ceiling closed her eyes and, in a moment, she saw the magic screen and wrote the word 'd-o-g' on it... He said, now site the word 'e-a-t' on the screen... Jane closed her eyes again and wrote the word 'cat,' Dick told her to do the same thing for the word, 'run' and 'sit' and 'bed,' and then he said, "Stop."

Now you have half of your spelling words on the magic screen... I want you to look at the first word, 'dog,' and spell it for me... Jane closed her eyes, looked at the magic screen and spelled the word 'dog' perfectly... Dick said, "Great! Now

spell 'cat...' Sure enough Jane spelled cat perfectly, and she continued to spell the other three words on the screen, and got every word right...

Then Dick said, "Okay Jane, you have five more words on your list... I'm going to leave the room for a few minutes while you look at those words one at a time, and close your eyes and write each word on the magic screen with your magic chalk... When I come back, I'm going to test you on those five words..."

Dick went to the kitchen to get some milk and cookies... In a few minutes Dick returned, and asked Jane if she had all the words written on her magic screen, she said, "Yes... This is really a fun way to do my spelling..." Dick asked her if she was ready to practice the test and she said, "Yes..."

Dick asked her all five of the words she had written on the screen, and she got every one of them right... Then he went back to the five that she had written before he left the room, and she got them right again...

Dick congratulated her and reminded her that she also needed to be able to write the words; not just spell them out

loud, so he got a piece of paper and a pencil for Jane and he went through the spelling list one more time... She got every word right!

Jane felt real good... She reminded her brother that it worked okay at home, but would it work at school...

Dick said sure it would because all you have to do is look up toward the Ceiling, and you can do that at school... You can even close your eyes if you need to... Jane thought about it for a moment and then agreed...

On the night before the spelling test, Jane studied all of her words in the magic way Dick had showed her... The next day when the teacher said, "Okay class... It's time to get ready for spelling." Jane sat there with her pencil in her hand; the paper on her desk and as the teacher went through the list, word by word, Jane looked up toward the ceiling and would see the word and write it on her paper... Sure enough, when Jane got her paper back from the teacher, she had spelled every word right... She felt very proud... She could hardly wait to get home and show her paper to her mother and Dick...

The rest of that day, Jane had a big smile on her face... She kept that proud feeling of success ... It increased her confidence in all of her other studies... She felt real good about her-self... At recess she was able to run a little faster and jump a little farther... You know what it's like when you have done something you can be proud of... It makes you feel good all over... Your confidence keeps increasing, and all of your grades keep improving.

ACRIEVING NORMAL WEIGHT 1

As you continue relaxing I want to mention a few principles and guidelines that will enable you to easily reduce your body to a level that is normal to you...

One thing that will be helpful and make it easy to reduce your body down to _____ pounds is to choose a varied diet... This means that you change your diet each day, choosing the diet that you feel will satisfy you each day...

Some days you may feel like you want to eat an all fruit diet... The next day or two you may want to stick to an all-vegetable diet... There may be days that you will want to stick to an all liquid diet... You're all liquid diet can be orange juice, pineapple juice, apple juice, tomato juice, or other types of fruit or vegetable juices... You may also have days where you want to eat proteins, which would include lots of lean meat. Possibly you may want to have a day now and then in which you will choose to eat good lean meat and vegetable...

So you are realizing that it's okay to shift your diet from one to the other... It gives you a chance to decide each day which diet you desire for that day... Once you choose which diet

you will follow for the day, you will stick to it, because you are making the decision... You are making the commitment, and that makes it more meaningful to you than trying to follow a diet which someone else tells you to follow...

A second thing that will make it easy for you to reduce your body down to_____ pounds is to change your thoughts about your body and counting calories, as important as calories are, it is difficult to try and count the calories you eat each meal...

By thinking of your body as your friend and having a desire to always treat your body well, you will naturally be selective of the foods you eat, and you wonder need to count calories...

A third key that will make it easy to slenderize your body and keep it slim and trim is to accept the responsibility for your own eating behaviour...

Some people blame their eating habits on their parents, or on their spouse... By realizing that you are responsible for everything you eat, it makes it much easier to reduce your body to a level that is pleasing to you... You are 100 percentages responsible for what you eat... When it comes to your eating habits that is one thing for which you are totally responsible... Other people may suggest that you eat certain

things... Some people may offer you certain foods to eat... Some people may offer to buy you ice cream and milk shakes... However, you are the only one that can decide what you will eat and what you will refuse to eat...

A fourth key that makes it easy to reduce your body to a level that is pleasing to you is to prepare your mind and body to be slender ... While your body is in the process of reducing; it is good to prepare yourself for a slender body... Your mind needs to get used to the idea of a slender body... By thinking of your body the way you want it to be, your mind gets used to the idea of your body being slim and trim... Then when your body gets to its normal level, it seems natural to you... That enables your body to remain slim and trim once you have reduced...

To the extent that you want to really enjoy life, you will make the commitment to respect your body and protect it and always treat it lovingly and kindly... This is your way of showing that you are thankful for having a body that is capable of being slender and healthy and strong ... It also shows that you realize you are responsible for your own body... You are your body's keeper...

ACHIEVING NORMAL WEIGHT 2

As I'm continuing to talk to you, you can keep moving into a deeper, more peaceful, more detached state... Your subconscious mind is very receptive of everything I say ... Your mind is receiving the suggestions and guidance I tell you and is enabling you to put it into your own actions...

I want you to listen closely to everything I tell you before you decide to accept what I say and put it into action during your daily life... Once your mind accepts what I tell you it will continue influencing you more strongly, more surely and more powerfully after you awaken from the hypnotic state than it does while you are hypnotized...

There are several guidelines I want to tell you now that will change your eating habits... You are changing your eating habits from eating like a fat person to the habit of eating like a slender person...

To do this you are developing greater respect for your body...From now on, you will think of yourself as a good person... You are good... You were created by the same creator that created every other person in the universe, and

you are just as good and just as deserving as every other person on this earth...

The more you continue to realize your own importance, the more selective you are of the food you put into your body... By respecting your body you have an increasing desire to always treat your body well... You will always be very careful about the food you eat...

Now I realize that no one likes being told what to do, and that's one of the reasons I don't tell you what to eat... You would have a tendency to eat certain foods if I told you not to eat them... Nobody wants to be a slave and be told what to do... We all have a strong desire to have freedom of choice about living our life the way we want to live it... The same is true with choosing the foods we eat...

This is something I have observed by helping many people set a goal, and reduce their body to the goal they set... By approaching it this way, you respect your own body... You desire to protect your body and eat foods that keep your body healthy, and slenderize your body down to a level that is pleasing to you... That is normal and natural... You are probably thinking now... Of course I respect my body... I am determined to always protect my body by eating only foods

that are good for my body... I am determined to increase the health and strength of my body, while enabling my body to become slim and slender the way I want my body to be.

The next guideline you will want to follow is that of learning to eat like a gourmet... Your first thought on hearing this suggestion may be, "Why eat like a gourmet?" The answer is very simple: You want to learn to eat like a gourmet because a gourmet pays full attention to each bite that goes into the mouth... He is aware of the touch, the taste, the smell, the temperature, and the texture of each bite of food he puts into his mouth. . Of course, this gives him total enjoyment of each bite he takes...

By teaming to eat like a gourmet, you will find real pleasure in eating again... The gourmet does not make the mistake of overeating, because each bite he takes has his total attention... The memory of the food he eats stays with him... He doesn't overeat because he has a memory of what each bite is. . He doesn't need to keep eating to just be eating...

Now I want you to think about everything I've been telling you... If it sounds like a program that you can appreciate; your mind can cause you to begin doing what I have suggested from now on... Instead of you needing to battle to

slenderize your body, you can reduce in an easy natural way...

By emphasizing a respect for your body, you eat only the small amount of food your body needs to keep you healthy and strong... That enables your body to become slender and trim in as easy, natural way.

BODY COMPARISON

(For Weight Reduction)

In a minute or two, I will describe a scene, and as I do, I want you to experience it as though it is a dream... Almost as if you were really experiencing it... You realize that in dreams you can see, you can feel, you can hear, and it all can seem very real... The entire time you can be sitting there relaxing quietly and peacefully...

I want you to use your imagination now and visualize two individuals...

One who is slender and trim... The other who is exceptionally fat...

The slender person always selects a small amount of food that is needed to keep his/her, (use the same sex as the client) body slim, trim and healthy...

The fat person fills his/her plate full, and after eating all the food on the plate, he/she eats another helping of all the different foods... When the two people finish eating, they get

up from the table and they are walking side by side as they leave the room together... As they start to leave the room something interesting begins to happen... A bright light begins to shine on both of them... It is a warm, comfortable light... As the light shines on them, their bodies seem to be blending together as though they are one body... Their bodies are fusing together... They are becoming one, strong, healthy, slender, trim person... As you notice that new person, and see the changes that have occurred, I want you to describe how he/she differs from the two previous persons that were there... Remember that she/he has the best qualities and characteristics of both of those people... She/ He is strong, yet sensitive and considerate... She/ He can be assertive when necessary, yet compassionate... Tell me everything you notice about this new person that has emerged from the two that had been there before... (Wait for response.)

Probably the strongest characteristic you can notice in that new person that has emerged is that she/he greets others lovingly, and always has a cheerful word to say... She/ He is supportive and encouraging... She/ He seem to be a really caring person... She/ He show that she/he also loves herself himself...

As you continue noticing that person more closely, you can realize that the person is very much like you... You are aware that you have those qualities... You have the capability of being that way... You have all the qualities and capabilities of each of those two persons... It isn't necessary to act like either one of them alone... You have the best qualities of both of those persons...

I want to ask your inner mind some questions... The subconscious and unconscious level of your mind can answer all by itself... If the correct answer is "yes," the finger next to your thumb on your (right/left) hand will raise up toward the ceiling... Your finger will remain up until I tell it to go back down... If the correct answer is "no," N - O, the little finger on your (mention same hand) will raise up and remain up until I tell it to go back down...

The first question I want to ask you is this: Is the subconscious and unconscious level of your mind willing to permit client's rime} to take on all the best qualities and characteristics of those two persons who have merged together in her/his mind? (Pause for response.)

(If the answer is evidently the unconscious level of Outfit mind has some reason it does not want you to develop the

best qualities and characteristics of those two persons who merged together... I want your mind to review the reason, and when I count from one to three, you will tell me the reason... (Help the client's mind to agree to work out the solution before continuing with the next part of this prescription... If not completed during this session, go to the prescriptions for "Building Self- confidence" pages 87 - 89 in Boom 1.)

Now the unconscious level of your mind has made a commitment to allow you to develop the best qualities and characteristics of the two persons that merged into one... So in very interesting and enjoyable ways, you will consciously notice yourself beginning to experience pleasant changes...

Your conscious mind may have some doubts, however, the unconscious level of your mind will impel you to respond differently from the way you have been responding in the past... I wonder how soon you will notice your body becoming slimmer and trimmer... I also wonder how soon you will find yourself easily eating less and less food... As that happens, your conscious mind will notice how good you are responding...

At first, you may discover that these new responses happen suddenly and unexpectedly, before you have any opportunity to even think about it... You will be aware of a sense of deep inner satisfaction and joy... Perhaps you will even experience some amusement and begin to really enjoy the way you pleasantly and naturally reveal the best qualities and characteristics of those two you saw merging... You will be very happy to notice yourself reducing and becoming slimmer and trimmer...

TREATING ANOREXIA

(Have the client get numbness in the hand as suggested in the “progressive Relaxation Induction “In Book 1. Continue by having the client’s hand lock together, Each session with the client, have him or her respond to one of the “Convincers” to help the client realize that the unconscious level of the mind controls the body...”

You are realizing more and more that the unconscious level of your mind controls every part of your body... You got numbness in your hand without any conscious effort... You responded to _____ without any conscious effort, and you are realizing that the power of your unconscious mind can and will enable you to accomplish any goal that is necessary...

Notice that you are continuing to become more relaxed... You are feeling more comfortable and at ease. . You are becoming more confident that you are overcoming that problem in an easy, natural way...You will soon be eating and digesting food easily and comfortably... You will eat the amount of food your body needs to keep you healthy and increase the weight of your body to a normal level, then your body will remain at a normal level...You will enjoy eating the

right amount of" food needed to provide your body with proper nutrition to always keep your body healthy and strong...

Your unconscious mind is causing you to have stronger and stronger desires and urges to eat the amount of good foods needed by your body to increase the weight of your body to a level that is healthy and perfect... You will notice that you feel hungry each time your body needs food... You will enjoy eating the amount of food your body needs at that time... Eating the right amount of food needed by your body will be a pleasant and enjoyable experience for you... You will notice your health improving more each day... Food will be a source of comfort because you are realizing that through eating you are becoming very healthy... You will gradually keep eating a little more food each day or two, until you are eating the perfect amount needed to keep your body healthy and at a perfect weight level for your height...

Now I want you to imagine that you are sitting comfortably in your living room... You have just put a video in your video player... You are feeling excited about seeing it... It is about ready to begin... You will notice that it is a film showing your life going backwards from the present time to your early childhood... If you see anything upsetting... one of the fingers on your right hand will lift up immediately... You will tell me

as much about it as you care for me to know so I can help you... If the event is too traumatic, you will be able to turn the video off ... (If the client turns the video off, ask the client's unconscious mind if it is okay to get the answers by having the unconscious mind cause a finger to lift up to answer questions... If it is okay, have one of the fingers on the right hand lift up and remain up until you tell it to go back down.)

The video which goes back to your early childhood is beginning now... You will tell me if you see anything that is upsetting... You have a more adult, more mature understanding about that problem... This is enabling the unconscious level of your mind to work out the solution, in an easy, natural way.

BREAST REDUCTION

Continue relaxing (client name) and as you listen to the soothing sounds in the background, allow yourself to become as deeply relaxed as you are capable of being during this session...

You are here because you want to reduce the size of your breasts... The unconscious level of your mind and all levels of your inner mind are cooperating to reduce your breasts to a size that is pleasing to you consciously...

As you were growing and becoming a mature woman, your breasts continued enlarging and they became larger than you desire your breasts to be... You want your breasts to reduce in size... You want your breasts to become smaller... You want them to reduce to a size that is pleasing to you consciously.

It is possible that as a child, you admired large breasts. . Maybe your breasts seemed smaller than you liked at that time... You may have thought at that time that you wanted large breasts ... However; now as an adult you see your breasts from a more adult, more mature point of view... Your

breasts are larger than you want them to be as a mature, knowledgeable adult ... You now realize that your breasts are larger than you desire them to be... You want your inner mind to understand that you want your breasts to become smaller... You want your breasts to reduce to a size that is pleasing to you consciously... You want your breasts to be firm and perfectly proportioned to your slim, trim, body...

Since you have become fully developed, your breasts are larger than you want them to be... Your breasts have enlarged to the point that they have become troublesome... You want them to become smaller and more perfectly proportioned to your body...

You know that women's breasts are really a wonderful, beautiful part of the body..., I want you to think of your breasts now the way you want them to be... Think first of your hands... The human hand is a very important part of your body... They enable you to do the work you want to do... They enable you to pick up dishes and children... They enable you to write... They enable you to wash your face and comb your hair... Your hands enable you to do many of the activities you desire to do... You respect your hands... You are happy that you have your hands... The same is true of your breasts... You appreciate your breasts... You are happy that you have your breasts... You are continuing to have a much

better attitude about your breasts... Even so,,, you are giving your breasts the opportunity to reduce to a smaller size...

Each time you look at your breasts in the mirror, you will notice they are becoming more perfectly proportioned and more beautiful... Your breasts will soon be the size you want them to be...

While you are continuing to become more relaxed and at ease. The unconscious level of your mind is working out the very best way to reduce your breasts to a smaller size.

You are getting drowsier... You may even begin to feel that you are becoming sleepier... While you are getting sleepier, perhaps you would like to shift your right hand from the position it's in now to a more comfortable position... Or perhaps you would like to have your right hand remain in the position it's in now... Later, as you feel yourself moving into a deeper state of hypnosis, you may want to move your left hand... Or you may want to let your left hand remain still...

While that is taking place, your mind is continuing to decide the very best way to comfortably cause your breasts to become smaller... When the unconscious level of your mind knows changes have started, and your breasts are reducing

to the size you consciously desire your breasts to be, one of the fingers on your right/left hand will raise up toward the ceiling... Your finger will remain up until I tell it to go back down...

As you continue to move into a deeper hypnotic state, you may notice certain things about your body... You might even forget the feelings in your hands... You may even do perfectly remarkable things... You understand that you are here to get whatever benefit you can get... You are quite intelligent, and by using your intelligence, even that which you are not consciously aware of can happen without any conscious effort by you... You will find that your own mind is developing surprising ways to reduce your breasts to a size that is pleasing to you...

I don't care how your mind decides to cause your breasts to become smaller, as long as it is achieved in a comfortable way...

I want you to understand one more thing very clearly before you come back to a wide awake, fully alert state... You want your breasts to reduce, and you are the one that has to reduce them...

I'm not going to reduce your breasts... In fact, I don't know how to reduce your breasts... However,,, there is a part of your mind that knows how to make your breasts become smaller... All that I'm interested in is that the part of your mind that knows how to reduce your breasts is doing it the way you want it to be done... I want that part of your mind to make sure that your breasts do not reduce one bit more than you consciously want your breast to reduce...

In just a moment you will be coming back to a wide awake, fully alert state, feeling confident that you are achieving everything you desire to achieve; knowing that you are doing it in your own way.

OVERCOMING IMPOTENCE

At a very young age, children begin experiencing a curiosity about their bodies... Boys soon discover that they have penises and girls soon discover that they have a vagina... While they are still very young... they learn that it feels good to touch those parts of their body... Quite often, they learn to masturbate at a very young age... It is normal to masturbate when they are too young to have normal sexual outlets with the opposite sex... As they grow and become mature,,, they become interested in the opposite sex, and they sometimes find themselves having sexual intercourse with the opposite sex... That seems to be quite normal... We were created with normal feelings and desires toward the opposite sex... We were created with desires to perform actions that feel good ... It is normal that it feels good to have sexual intercourse with the partner of our choice...

There is wisdom within the body that causes the body to know exactly what to do sexually... It is normal to want to enjoy having sexual relations with the partner of your choice...

I'm going to say something now that is very important... I want the unconscious level of your mind to understand what

I'm saying,,, and I want you to notice what happens to you... You came here wanting to be able to respond... When the unconscious level of your mind recalls that you know how to do it, and that you will always know how to do it, you will find yourself responding in a normal, natural way

A person can learn to ride a bicycle as a teen-ager, and may not ride it for many years as an adult, only to find that he/she is capable of riding it as an adult... Once a person learns to do something physical...The mind always remembers how to do it, even if the person goes a period of time without doing it...

You are realizing that you know how to have sexual feelings... You are just as capable of responding in an enjoyable way to everything that goes on there... You can really feel every tiny sensation,,, every small change in sensation... You can begin to experience it in your mind now as I begin to describe certain images to you... You can have certain images and fantasies that cause those feelings and sensations to become very real, and make you more aware of things there that cause good feelings to stir...

You can have thoughts come into your mind that wouldn't ordinarily come into your awareness... They can begin to stimulate your imagination, and can arouse your interest in that feeling...

You will begin noticing it in a quiet, enjoyable way, that later on today, or tonight, will cause the unconscious level of your mind to demonstrate, much to your surprise, that it knows what to do... You will realize that you know what to do, and you will really enjoy doing it...

The unconscious level of your mind can enjoy creating images for you and let you feel those thoughts spreading in your body, and grow larger and larger as it becomes harder and harder to tell where one begins and the other ends... The two will enjoy the touch in a very special way...

You will leave here today knowing that you have learned that you do know how to feel that special way, within you, and at any time you want to allow yourself to do so. So, I'm going to stop talking for a period of time, while you can go ahead and discover even more on your own, in your own way, in a way that works for you that enable you to experience really enjoyable feelings all over...

Don't do it too well, or you may walk around excited all the time... I'm sure you can imagine what that would be like, and what you might do to relieve it, according to your desire... It could be very pleasant for you... (Pause four or five minutes.)

(If you notice the client shifting position or showing some reaction, you can then proceed to terminate the session.)

OVERCOMING PREMATURE EJACULATION

If a small child becomes excited or hysterical, we would do our best to calm the child down and teach the child not to act that way... We all need to understand that we should always maintain self-control, yet there are times when the unconscious level of our mind develops a misunderstanding... When something goes wrong we lose control... Sometimes people even carry this lack of control into their sexual relations with their chosen partner... It seems like that is what has happened to you.

I want you to hold your left arm straight out in front of you... Clench your fist and make your left arm rigid and stiff... Make it as stiff as a board... Notice how stiff and rigid you have made your left arm... Make it even stiffer now... Make your left arm as stiff and rigid as you possibly can... Notice how strong and powerful your left arm feels.

Now let your left arm relax. Put it down in a position that feels comfortable to you... Notice that your left hand and arm feel very comfortable now...

Now I want you to lift up your left hand and arm again... Clench your fist and make your left arm stiffer and rigid than you did before... Make your left arm so stiff that you feel it aching... Notice that your left arm keeps aching more and more... As soon as it is aching so much you dislike that feeling, open your fist and relax your arm... Put it down in a position that feels comfortable to you...

I want to explain something to you now that your unconscious mind understands... You made your left arm rigid and stiff two times... The first time I ask you to make it as stiff as you could possibly make it... Did you do that? Yes you did... Yet you did not feel any aching in your arm the first time you made it stiff, did you? (Wait for response) Yet the second time you made it stiff, you felt it aching didn't you? (Wait for response.) Why did it ache the second time you made it stiff? (Wait for response.) (Discuss that it ached because I put that suggestion in your mind, and your mind caused you to respond to the as you keep making it stiffer and stiffer... Your right arm is becoming so numb that all feeling is leaving your right arm... Tell me when all feeling has left your right arm... Your right arm is becoming numb from the tips of the fingers in your right hand all the way up through your shoulder... quit for client to any the arm is numb.)

Now I'm going to say something to your unconscious mind that will make it impossible for you to have an orgasm prematurely... As I count from five down to one, the normal feeling is coming back in your right hand, your right arm and your right shoulder... With each number I say, your penis is becoming less sensitive... This will cause it to take much longer for you to have an orgasm... When you make love with your chosen partner.

This is something you do not need to remember consciously or even understand consciously when this session has been completed... Even though the unconscious level of your mind is hearing everything I am saying and your mind is understanding what I'm saying, and is causing it to happen automatically...

From now on when you make love with your chosen partner,,, your unconscious mind is waking your penis less sensitive... When you make love with your chosen partner, your chosen partner will have time to have an orgasm and after your sexual partner has an orgasm, you will be able to have an orgasm...

You will probably find yourself maintaining an erection for a long time when you have intercourse with your chosen partner... Your chosen partner will have an orgasm before

you will be able to have your orgasm... You are remembering clearly how to have an orgasm... However,,, your unconscious mind is permitting it to happen only after your chosen partner has had an orgasm...

Now your unconscious mind knows what you need to do, and knows how to cause you to do it in just the right way... I want to give you the opportunity to carefully review and rehearse in your mind every movement... I want you to experience every sound, and I want you to see yourself clearly in your mind, having intercourse with your chosen partner...Your unconscious mind is reviewing it with you now...

You are reviewing it and practicing it carefully,,, from the first caress to the orgasm of your chosen partner... Then you are aware that you have an orgasm after your sexual partner has been successful... You know exactly what to do, and know that you can do it... When the unconscious level of your mind knows that from now on you will achieve sexual fulfilment after your sexual partner has had an orgasm,,, the unconscious level of your mind will cause one of the fingers on your right hand to rise up toward the ceiling to let me know...

(Go to one of the prescriptions for Building Self-Confidence before concluding this session.)

OVERCOMING SEXUAL FEARS

Like most families, each of us had a two-wheel bicycle when we were young children... Learning to ride that bicycle taught me a lot about the balance of my body... It also helped me develop good coordination... In fact learning to ride a bicycle taught me a lot of things that I didn't even realize as a child...

Any parent who will not let their children learn to ride a two-wheel bicycle is really doing a disservice to their child... In riding a bicycle you learn something about motion, balance, coordination, rhythm and timing... That becomes the foundation for further development later when you become an adult...

You may not remember every detail of what you did to learn how to ride the bicycle, but you did learn, and when you achieved that goal, it increased the kind of confidence you need to have in relationships with other people...

It reminds me of a movie I saw a long time ago in which Gene Wilder played the part of a man who was very shy and insecure... He was obsessed with the belief that he was a failure with any woman he attempted to date... He thought

he had to perform sexually and knew she would be disappointed with his performance; no matter who she was ... Finally he met women who knew how to take things slow and easy... She enabled him to be very comfortable...

They went dancing first, and remembered what every child knows about looking at a special friend's smiling face as you are enjoying yourself together... Disregarding the tempo of the fast music, she just stopped still on the dance floor and held out her arms to him, inviting him to dance slowly with her and hold her close... It continued like that, even when they got back to her apartment... She lit candles and began to slowly undress him... She released a clasp of her own clothing and then comfortably looking at him, sweetly said, "You'll have to do the rest."

As he looked at her naked body, focusing on her breasts, she asked "Did you think I would be bigger?" He said, "I had no idea you would be so beautiful." Then she put on a record and they danced in the quiet intimacy of her candlelit bedroom, before going out for a moonlit romp on the beach nearby... Much later, they were sitting in front of a fireplace; he placed his hand against her heart and commented on the fact that it was beating rapidly...

"Nervous?" he asked, "What do you have to be nervous about? I'm the one who has to do it." She responded simply, "Do you want to know what would make me feel good?" He responded, "If I could know that, it would make me very happy." Very simply, she softly, carefully explained that "while having you inside me would be very nice, I don't want that now... Right now I just want you to touch me and kiss me", but keep your eyes open and just look at me... I would tell you more things, and I will tell you more things, but first I need a little bit more confidence..." Then she just looked and let herself be looked at. She smiled, the most tender, beautiful, vulnerable, but trusting smile you could imagine... Her eyes wide open with a delicate little smile, very still and warm...

Then, through the magic of movies, blending with and superimposed in front of that young woman's face was the much younger little girl she had once been, came shining through; smiling that same smile with confidence, innocence, and openness; playing in the sprinkler with a little boy... The little boy's face of course temporarily replaced the face of the shy man, and was his innocence and trust and curiosity and love as he looked into the face of that smiling little girl... Water was splashing on them both, and they hugged as the drops of water rained down around them...

The two adults who were soon pressing their lips together tenderly, then more passionately embracing, had somehow been able to reach into that storehouse of learning that the child has, and apply that sense of knowing how beautiful and precious you are to a current situation with someone you know you can trust to recognize it too... That simple act of honestly looking at each other, touching each other, and kissing was far more intimate than whatever overt sexual contact followed... The intimacy certainly lends magic to the otherwise technical act of sexual intercourse.

ENJOYING SEX

(For Female)

I had just finished hypnotizing a young married lady, and while she was hypnotized I had mentioned many improvements that she would be noticing... Then when she awakened from the hypnotic state, it took her a minute or two to get herself reoriented, so I had her remain in the recliner for a couple of minutes to be sure she was back in a wide awake, fully alert state before going out into the reception room where her husband was waiting to take her home.

The following week when she came in for another session, she mentioned that as they were driving home, she was trying to think about the session we had just completed and realized that she didn't remember anything about it... She knew she had been hypnotized by me because she felt fifty times better than she felt when she came into my office...

As she was riding home in the car, she was aware of noticing some of the scenery, and at other times she was daydreaming about other things and not noticing where she was going at all... With her husband driving, it was an

excellent opportunity for her to have her own daydreams... I don't know exactly when the scene changed. It may have been when the car entered the tunnel and she saw that face... It impressed her strongly... She was surprised when she realized how much she liked the looks of that face, and how relaxed and comfortable it made her feel...

Whether it's something you notice by the smoothness of the face muscles, or the relaxed fullness of the mouth, or the softness of the eyes, or maybe the comfortable breathing; she was fascinated to look at that face, and see herself... There was something else there that she couldn't quite recognize, but she couldn't stop looking at that picture... The longer she looked at it, the more she realized that there was something very sexy about the way her eyes were sparkling as she looked into that picture... So watching that face and memorizing the look of those experiences she must have drifted back into a hypnotic state, because the next thing she knew, the background had changed to include seeing herself in a situation... There she was with that face and that relaxation and that comfort and that strength... She was safely sexy, interacting with the man whom she loved, and interacting in a way that pleased her considerably.

You can be very pleased with how you watch yourself interacting in a way that you enjoy doing something

different... Your conscious mind doesn't even have to believe it's possible for you to actually act that way... Still you can really enjoy the scene that your subconscious mind projects. . Or maybe you consciously project the scene and your subconscious mind just keeps those feelings constant.

Then I guess the car hit a bump, and the scene changed to reveal her interacting again... This time with some of the men at work... You interact in different ways with different people... Even though she keeps the same qualities constant; they were translated to a different situation... You can even sense your sexuality when you are around other men, yet you do it in a professional way... It may be recognized with pride in the way your body looks so good as you stand and talk to them... The car hit another bump and the scene changed again... There she was with some women who had caused her difficulty in the past... It's not clear why it had been difficult... She saw herself asking them for help... She saw herself down in a hole, holding her hands up and saying, "Could you help me out of here?" She felt very safe... A jolt of the car, and the scene changed again...

It must have seemed like hours that she rode in the car, watching those interactions, memorizing something with her conscious mind, while experiencing something else unconsciously... When she came out of the tunnel, the shifting of light suddenly disrupted the picture... She was

suddenly aware that the car hadn't even gone through a tunnel... Suddenly she felt overjoyed with a sense of comfort and safety... She realized that she learned from daydreaming, some things that would be very helpful to her...

When they parked in the driveway at home she got out of the car laughing and happy to be home.

INCREASING SEXUAL DESIRE

I want you to use your imagination now... Imagine yourself entering a very special room... It's a control room for all of your feelings and desires... Look around in that room and you will notice a panel with lights of many different colours... You may hear the sounds of computers... You will possibly be aware of the temperature, and you may also notice a very special smell...

As you notice the rows and rows of coloured lights, you will see a control button at the beginning of each row that regulates the lights for that whole row... There is a little sign by each control button telling what the lights in that row regulate... There is one row of lights that regulates our appetite for food... There is another row of lights that regulates your blood pressure... There is another row of lights that can be adjusted to control your sexual desire and intensity... That's the one you are looking at right now... There are ten lights in each row, and the control button can be used to turn on any number of the lights, from one to ten... When all the lights are off that indicates no interest...

Look at the light on the row that regulates the appetite and notice that all the lights are off now... Everyone has

experienced times when they are not hungry.., Notice the row of lights that regulates your blood pressure... Notice that five of the lights are on... That indicates that your blood pressure is at a normal level...

There are a couple more rows of lights... The green lights show your level of energy and vitality... The blue lights reveal your religious interest... The lights that reveal your sexual interest are red... The lights that reveal your appetite for food are orange... The lights that reveal your blood pressure are yellow...

When all ten lights are on, it indicates a strong response... We all know what it's like to really want and desire something... Lift up your right hand when you see the five rows of different coloured light... (Wait for the response.) (If client does not respond after two or three minutes, switch to a different prescription after saying the following sentence :) It seems like your mind is not ready to look at the lights at this time... That's okay; just continue relaxing peacefully and calmly... I'll be talking to you again in a moment... You will be in a much deeper state and you will be ready to accept the suggestions I tell you... (In to a different prescription.)

(If clients responding to the suggestions, continue as follows :}

Now look at the row of lights that controls your sexual desire and arousal... Tell me how many lights you see that are lit up right now...i Okay... Now reach over to the control button and move it slightly, turning on about one or two more lights... As you do that you will begin experiencing a different feeling... Be aware of the change in your sexual desire (arousal)... Notice the feelings you are experiencing... You may find it interesting to notice yourself beginning to experience an increased sexual desire (arousal)... (Pause for about 50 seconds}...

How many lights are lit on the panel now? (Wait for response.) How many more would you like to turn on now? (Pause for response.} Okay, turn on the additional lights\and let me know when your body senses the difference.

(Wait for response.)

(If the client does not notice are Change in body senses, refer to the "Suggestions to Overcome Resistance" at the end of this section, and then come back to the suggestions that follow.)

Okay, you are doing good... Now move the button and turn on another light or two, as you begin experiencing the really wonderful feelings of the sexual desire (arousal) increasing...

You are becoming free to enjoy the normal, natural feelings and sensations of your body... You are experiencing enjoyable, exciting feelings and sensations flowing all through your body... You can feel the arousal even more in certain places that give you real enjoyment... You don't really need to consciously know how this happens... Your subconscious mind knows how to cause you to become sexually aroused easily, anytime you desire to have sexual relations with your chosen partner... Experiencing good, exciting feelings of sexual stimulation is normal... You are learning to enjoy the natural urges and feelings of your own body...

Let me know when you are ready to turn on one more light... (Pause for response.) Okay, adjust' the button a little more to make those feeling even more enjoyable... Notice that you appreciate those feelings of arousal moving through all parts of your body...

You understand now that you can consciously control the button that turns on the lights... From now on when you

want to have sexual relations with your chosen partner, all you need to do is imagine in your mind that you are turning on the lights that keep increasing your sexual desires and enjoyment...

In a few minutes you will be coming up to a wide awake, frilly alert state... Before you awaken, you can turn the lights off for now... You are realizing that you will be able to turn the lights back on at any time you desire to do so.

SUGGESTIONS TO OVERCOME RESISTANCE

Isn't that interesting? That reveals how delicate those changes may be... Sometimes they are almost unnoticeable when they first begin... It is not really necessary for you to consciously know what changes you are experiencing right now...

It's comparable to the way it is with other feelings of your body... Most of the time you are unaware of the feelings you are experiencing in different parts of your body... For example, I want you to notice your left foot now... If you have a shoe on, notice the feeling of the shoe... Notice that you can feel the pressure of the shoe on your foot... You weren't noticing those feelings in your left foot until I called your attention to them... As you are relaxing in that comfortable chair, you have not been noticing a lot of other feelings that you are experiencing... The sexual changes you are experiencing may not be noticeable at first, as your hormones begin their work, and your nerves become more alert... You may not be aware of those changes now, however, as they keep increasing you will keep sensing them more and more...

Now I want you to notice the button that controls the lights that increase your sexual desires and feelings... Turn that button to cause another light to come on... You may or may not notice the physical changes associated with the hormones that are being set free... I'm not sure when you will begin to notice the difference... The unconscious level of your mind can cause you to experience that awareness as soon as you are ready... It may happen slowly, or you may become aware of those enjoyable feelings and sensations quite quickly... You may merely experience a growing sense of progressive changes; sort of a natural evolution... I don't know if you will be aware of those changes tomorrow, or Friday, or eight days from now... However, you will be pleasantly surprised when you notice that you are changing. You will be able to turn more and more of those lights on as soon as you are ready...

You can leave those lights on now, as you are getting ready to awaken from the hypnotic state... Or you can turn them off, realizing that you will be able to turn them back on later at any time you desire to do so...

In just a moment I will begin counting from one to five... You will awaken a little with each number I say... When I reach the number five, you will open your eyes and you will be back

in a wide awake, fully alert state... You will feel as though you just awakened from a deep, peaceful state of sleep.

FEMALE SEXUAL FULFILLMENT

When Millie came to my office for therapy, she was experiencing a dilemma. She had been divorced for 19 years... Her son and her daughter were educated and had now left home and she decided that she was ready to start dating... She was an attractive woman, and had been approached by a number of men through the years, but after her divorce, she decided to devote her time to raising her children...

That has all been taken care of now and she is ready to date, but she was worried about how she would know whom to date, and should she kiss the person on the first date??? Suppose her date wants to have sex... How many dates should she have with him before having sex??? Would she be able to achieve sexual fulfilment??? After almost twenty years without a sexual partner, how would she respond to a man sexually???

These questions seemed silly... After all, she's now forty, has raised two children... Yet she was worried... It had been so long since she had been with a man... She didn't even remember what it is like... She wasn't sure what kind of behaviour was appropriate...

She had raised her children, and she knew a lot about that... Yet she didn't remember how a woman should react to a man... A lot of changes had taken place since she last dated... There were several other questions she had... How can she learn to start feeling sexy??? How can she learn to enjoy her body??? How can she learn to enjoy touching a man, and being touched by a man???

She understood that it was supposed to be normal to enjoy her body, and enjoy sexual sensations, and enjoy being able to feel excited about making love... However, she had gone abstained from all of those things for so many years, she now wondered if she could learn to have those feelings again???

I mentioned to her that a person can pretend anything, and the mind would enable it to be achieved... I told her that she was free to think of and imagine her Sexuality in whatever way she chose...

At the age of forty, she actually began making quite a number of changes in her life... She changed her hairstyle... She bought an entirely new wardrobe of clothes that showed off her attractive figure... She rearranged her house... She

purchased several new items to make it more attractive, and she began dating a man from work... She had been attracted to him for quite some time... Of course, she was experiencing all of this in her mind, sitting in the recliner here in my office...

Also in her mind, she kissed the man on her second date... She still had not invited him into her house yet... She waited until her third date to do that... In her mind, she waited until after her sixth date with the same man before she had sexual intercourse with him... She saw it as a very pleasant experience... She imagined herself caressing him and being caressed by him... They spent at least a half hour, hugging, kissing, caressing each other and then began having intercourse... In her mind she experienced many really wonderful feelings and sensations all over her body...

I mentioned to her that by listening to her body, she would find the answers coming... She would feel the pleasant warmth and good feelings increasing... She would welcome all kinds of wonderful sexual sensations, including many that she hadn't really experienced before her divorce... The more she imagined enjoying all kinds of sexual experiences in her mind, the more her enjoyment continued increasing when she actually made love with the partner of her choice...

At times she would tell herself, "The cells of my body are alive. My body knows how to experience wonderful, enjoyable sexual feelings and sensations every time I make love to the partner of my choice..."

For a week or two she was still a little fearful about dating, but her confidence increased rapidly, and she began finalizing that she was attractive and desirable... She began using the awareness of her attractiveness and her excellent body, to approach the man she found interesting and attractive... In her own way, she let him know she found him interesting and was ready to start dating...

You are also entitled to experience all those wonderful feelings and sensations your body is capable of experiencing... Your mind knows how to cause you to have those feelings anytime you make love with the partner of your choice... You are going to continue becoming more passionate... You will enjoy really wonderful sexual experiences with the partner of your choice...

It's comparable to having your own video movie which shows anything you want... All you need to do is make the decision

of what you want... Then you watch the movie develop according to your plan... You can really plan it to happen exactly the way you desire it to be... You can design it and make it as enjoyable as you like it...

There's something magical about making a date... It's just as enjoyable for adults as it is for teenagers... With regards to having sexual relations, it is often much easier to get together... Usually you both have experienced it before, even though it may have been a period of time since you had the experience...

I want you to stretch your left arm straight out in front of you... Now clench your left fist and make your left arm rigid and stiff. . I am going to stroke your left arm, and I want you to notice it getting stiffer and stiffer each time I stroke it... Similar to a man's penis... Your left arm keeps becoming more rigid... It is becoming so rigid it will not bend... In just a moment you will try to bend it so you can notice that it keeps becoming stiffer and more rigid... The more you try to bend it, the stiffer it becomes... (Stroke it a few more times and times say :) Try to bend it now and notice that it keeps becoming stiffer and more rigid... (Pause a moment,) NOW it is SO stiff and rigid it will not bend... The harder you try to bend it the more rigid it becomes... Notice that it seems like

it is impossible to bend... Try harder and notice it keeps becoming even stiffer... It will not bend...

Now I want you to figure out a way to bend your left arm easily...It will remain stiff and rigid until you figure out a way to bend it easily...

(If the client bends it, but it seems difficult, have it become rigid again, and tell her she can figure out a way to bend it very easily...) (Keep doing this until the client can bend the arm almost effortlessly... Then say :)

Now you notice that you figured out a way to bend your arm easily... A couple of minutes ago your left arm was so stiff and rigid you could not bend it... Yet the entire time your mind knew how to enable you to bend it easily... Your mind also knows the answer with regards to what you need to do to date the man of your choice... When you desire, you really enjoy wonderful sexual experiences with him...

You can enjoy the fact that you are so alive, so sexual, and so charming I'm sure your chosen partner will appreciate you totally...

So that feeling of excitement keeps growing, according to the female maturity that you have developed.,, Yet there can still be times when you will enjoy imagining yourself as a teen age girl in the back seat of a car in some parking lot, knowing you're not really going to have sexual intercourse at that time... At the same time knowing that the more you love and caress the boy you are with, the more you enjoy the foreplay, the more sexually aroused you become... The entire time you understand that as an adult, when you become sexually aroused, you have the right to permit the foreplay to arouse you and excite you... You have the right to enjoy whatever your body experiences... You can really enjoy doing anything you desire to do, such as having oral sex, or having sexual intercourse in any way you desire to do it...

You may at times find it very enjoyable to imagine that you are an extremely beautiful, very sexual, very passionate woman in the movies, and you really enjoy letting yourself go and explore many different types of sexual relations, with several different men...

Whatever you decide in your mind you will find many ways of enjoying it with the partner of your choice...

Every day you will keep becoming more mature... Every time you have sexual relations with the partner of your choice, it will keep becoming more enjoyable.

OVERCOME INSOMNIA 2

Now that you are calm and relaxed, I want you to take three deep breaths and drift into a level of hypnosis that is similar to a state of sleep... You can do that by listening to the soothing sounds coming from the tape player... The unconscious level of your mind will listen to my voice until we have completed this therapy session, then you will drift into a sound peaceful state of natural sleep for five minutes...

Because you want to sleep peacefully and calmly each night when you go to bed for the purpose of sleeping, and awaken each morning feeling rested and refreshed, you will follow this routine each night when you are ready to go to sleep:

Begin by closing your eyes ... Then let the muscles in your upper eyelids relax to the best of your ability... Let the muscles in and around your eyes keep relaxing until your eyelids feel like they' want to remain shut ... When you have your eyelids completely relaxed, test them to be sure they remain shut. . Then let them relax even more. Let every muscle, every nerve in your eyelids become even more relaxed... Then feel that relaxation moving through your

entire body, from your eyelids all the way down to the tips of your toes...

As your eyelids and the muscles, ligaments, and tendons in your body continue becoming more relaxed; without even noticing it, you will drift into a deep, peaceful, restful, very comfortable state of sleep... While you are sleeping you will be relaxed and calm... You will sleep until it's time for you to awaken in the morning...

It is easy for you to relax and go to sleep by using this technique of closing your eyelids and letting your eyelids become so relaxed they feel like they want to remain shut, and then by letting that relaxation move through your entire body, from your eyelids down to the tips of your toes...

Each night when you use this technique, you will continue drifting into a natural, peaceful state of sleep more smoothly, more easily, and more quickly...

You will sleep calmly and peacefully until it is time for you to awaken in the morning, unless some emergency arises and you need to awaken... If an emergency arises during the night, you will awaken easily... You will take care of the

situation and when you are ready to go back to sleep, you will use the same technique you used to go to sleep before you awakened... You will drift into a state of sleep more easily than you did before the emergency...

Emergencies are rare, so you will normally sleep calmly and peacefully throughout the night...

When you awaken each morning, you will feel refreshed and eager to begin another day... During the day you will be energetic and strong... You will enjoy the activities of the day. . You will be enthusiastic about all the activities you participate in each day...

Each night, when you are ready to go to sleep, the moment you close your eyes, you will think about the peacefulness of letting the muscles, ligaments and tendons in and around your eyelids relax... You will experience the calming flow of God's peace moving through your entire being... You will feel the easy, smooth flow of spiritual currents soothing you into a peaceful, tranquil state of sleep... Without even noticing it, you will quickly drift into a normal, natural state of sleep... Throughout the night, you will be completely at ease, knowing that you are always in the presence of God's loving, protecting care... If you have any thoughts go through your mind after you close your eyes, they will be thoughts of love,

calmness, and the beauty of God's creation... You will realize that you are an important part of the creation... You will realize that you were created by the same creator that created every other person... That thought will cause your mind to be peaceful, and you will sleep peacefully and calmly through the night.

REMOVE ANXIETY

You are responding nicely to the suggestions, guidance and recommendations I'm telling you. Now I want you to use your imagination... Imagine yourself standing at the top of a flight of steps... As you look down the stairs, you notice there are ten steps leading down to a beautiful lawn at the bottom... Across the lawn there is a path leading to an attractive cottage... It is light green in colour, and is trimmed in white...

I'm going to ask you to walk slowly down the steps in a moment... I will count from ten down to one... You will go down a step each time I say a number... As you slowly go down the steps and walk across the path to the cottage, let yourself feel that you are leaving the ordinary, everyday world behind... You will continue becoming more calm and relaxed as you go down each step... You will keep feeling more peaceful and at ease... When you reach the bottom step and walk across that path to the cottage, without even noticing it, other sounds and noises will keep fading away more and more... The ordinary world will fade away as you go over to the door of the cottage and open it... When you go through the door of the cottage, you will find yourself in a lovely living room full of luxurious furniture... You will sit down in the pretty, soft, fluffy recliner and feel yourself drifting into a deeper, more peaceful, more comfortable

state of relaxation... You will experience good feelings and sensations moving through your entire body... You will experience perfect peace of mind... (Pause about ten seconds.)

I'm going to start counting now and you will go down one step each time I say a number... Ten... Nine... You are becoming more tranquil and serene... Eight... Outside sounds and noises are fading away... Seven... You are aware of the soothing sounds coming from the tape player... Six... Five... You are leaving the events of your ordinary, everyday life further and further behind... Four... You are getting near the bottom of the stairs... Three... You will soon be walking across the path leading to the cottage... Two... One... You are at the bottom of the stairs, and you are walking across the path toward the front door of the cottage... When you get to the door, open it and go through... Close the door behind you... You will feel, peaceful, calm, and relaxed... As soon as you close the door behind you, you will feel like a big load has been lifted from you... You are opening the door now and are going into the living room of the cottage... You have closed the door behind you and you are moving toward the luxurious, soft, comfortable recliner... As you are sitting in the recliner, you are feeling calmer and at ease... Feel yourself absorbing the peace, the stillness, and the beauty of the furnishings in the room... Notice the calmness revealed in

the pictures on the walls... Notice the gentleness of the light...

Now I would like for you to concentrate on the word: peace... Notice as you concentrate on the word peace that you feel a soothing calmness moving through your entire body... Peace... Peace... You are beginning to feel as though you are floating away on a soft, fluffy, white cloud... You are floating out beyond space and time.

You are now very comfortable, relaxed, and at ease... You are experiencing perfect peace of mind... In the future you can have this calmness and relaxation any time you want it... All you will need to do is sit down or lie down in a comfortable position, close your eyes and imagine yourself in this cottage... Then count backwards in your mind from ten down to one... By the time you say the number one, you will be relaxed, calm and at ease... You can remain in that state as long as you want to... When you are ready to come back to a wide-awake, fully alert state, you will do so immediately just by opening your eyes... You will always feel rested and refreshed, full of energy, strength and vitality after relaxing this way a few minutes...

In a moment, we will be concluding this session... I will be counting to five for you to awaken... You will come up to a wide-awake, fully alert state when I say the number five.

INCREASING SELF-ESTEEM

Many times you notice how talented another person is in painting, or singing; or playing tennis, or working on computers, or in giving a speech, or in telling jokes, and since you are not as good as that person in the talent you are seeing, you fail to take into consideration the fact that you are more talented in several other categories than the person you are noticing..

It is time for you to start seeing things from a new perspective, and realize that if other people looked at you the way you look at others, they would feel inferior by noticing those things which you do better than they do...

Instead of noticing the talents that others have that you don't have, stand noticing all the talents you have that others don't have... You may have a tendency to start feeling a little superior to most of those people... However you can give yourself permission to understand that just as you were created by the Creator that created you, all other people were created by that same Creator... None of us have any reason to feel inferior or superior to anyone...

You have many reasons to feel good about yourself... You have many reasons to realize that you have capabilities far beyond what you have been consciously aware of knowing... You have the ability to continue improving your talents, skills and abilities more each day...

From now on you understand that it's O.K. to feel proud of yourself... You will always put forth your best effort in using the talents and skills that need to be used to accomplish any goal you want to achieve or need to achieve...

You can do that today, you can do it tomorrow, and you can continue doing it from now on for the rest of your life... You can understand all of this quite clearly... You are feeling more and more comfortable about it... Your confidence is increasing rapidly... Your self-acceptance is getting stronger... You are feeling more and more secure within yourself...

You understand that you become what you think... Therefore, you are thinking good thoughts about yourself.. This new way of thinking and feeling is increasing rapidly, because it is true... You are a good person... You are a

talented person... You are just as good and just as capable of being successful as every other person on this earth... You are feeling happy about it... Notice that you feel confident and pleased... Your unconscious mind understands this even if you are still unsure about how much of it you are really aware of consciously... Still you will notice that your thinking about yourself is changing quite rapidly... You will continue becoming more proud of your accomplishments each day...

You know what to do now, and you know what needs to be done... From now on all you need to do is do it... As you are doing it you will always give your best effort to it... You will find your creative abilities emerging more each day... Your hidden talents, your hidden knowledge will continue emerging... You will proceed with an awareness that in your mind are many memories and numerous learning and outstanding amounts of information regarding capabilities you possess.

As you continue relaxing your unconscious mind is automatically providing the awareness you need to put my suggestions into your own actions as you go about your daily activities. You will continue progressing in all areas of your life,,, physically, mentally, emotionally and spiritually.

MAINTAINING CONTROL

A woman came to my office to be hypnotized to overcome a problem of anger... She was experiencing anger toward her friends, toward her neighbours, and toward her loved ones... She was also experiencing arthritis, and didn't realize that her own mind had caused her to develop arthritis as the result of her continuous inner anger...

After discussing her problem, she said, I'm going to stop giving everyone a piece of my mind, and start speaking my peace of mind."

Much useful energy that could be used for creative thinking, creative doing, and creative living is wasted when tempers get out of control ... it merely causes adverse situations to become worse... It is a waste of energy... No one benefits from it... However, if we learn to be loving and kind, we remain peaceful regardless of what goes on around us.

Each morning when I come to the office, I stop for a few minutes by the little pond at the head of our parking lot... it has a fountain that has water running continuously into the

pond... The water is supplied from the overflow of a deep well that supplies us with good fresh water... In the pond we have quite a number of different kinds of fish, including gold fish... In the stillness, I listen to the gentle sound of the water moving from the fountain into the pond... I see in this peaceful activity my need to be peaceful in all situations... The water flows into the pond continuously without being anxious, worried, and fearful or hurried... When I leave the pond, I take this lesson with me into the office... It enables me to live my life with a wonderful peace flowing through me at all times...

Whatever caused you to develop anger; the unconscious part of your mind is realizing that your anger hurts only you... Each person is an individual... Each person has beliefs that differ from those of every other person... Each person commits his or her own actions... We can over control the actions of another person... The only thing we can do is control the way we let another person's actions affect us... We can't change another person actions, however, we can change the way we let ourselves respond to those actions...

It doesn't matter what we want another person to look like and regardless of how we want another person to act... We cannot change another person any more than we can change strawberry ice cream into vanilla ice cream, or can

change lemonade into root beer... We may desire for every person to be loving, and kind, and generous, but we cannot make any person become that way... The only person we can change is the person in our body...

It's important to learn to accept people as they are... By doing that, and by not expecting everyone to be the way we want them to be, it enables us to enjoy life as it is... By accepting people as they are, we begin noticing their good qualities, their good attributes, and their good achievements which are deserving of praise, and we become more willing to provide it...

In the future, if you ever feel that another person is unfairly taking advantage of you, you will remain calm and relaxed... You will treat the person kindly... You will phrase your objections gently and kindly, without being offended...

Each day your confidence will keep increasing. . You will become more sensitive to the emotional needs of those around you... You will find many people who will look upon you as a friend to whom they can come to for advice and comfort... There will be many whom you will be able to look upon as friends... Every day will become happier and more

enjoyable...You will enrich the lives of people around you in many ways...

This hypnotic state enables you to have more confidence in yourself... Within yourself you are realizing that you are an outgoing, kind and friendly person... These are attitudes and characteristics that you possess... The unconscious level of your mind is causing you to freely express those feelings and characteristics when it is appropriate... As time continues, the enjoyment of your relationships with other people will keep improving... You will discover new depths of appreciation for life... You will increase your ability to experience life in a richer and more rewarding manner.

ABUSIVE MARRIAGE

More love, more love, more love... Everywhere, in everything, for everyone... That is the great need... Who can supply that love to a person when love is so lacking, or when there never seems to be quite enough... No life is complete without love... The need for love is a great force within each of us... It is one of the greatest forces within us...

When Joan came to my office complaining about more than ten years of an abusive marriage, having been beaten far too many times to count; I ask why she puts up with it? Why doesn't she get a divorce?

She explained her fears... If she divorced her husband, she wouldn't be able to support the children... In addition to that, her husband had threatened to kill her if she ever left him... He proclaims that he loves her... He tells her he couldn't live without her, and if he can't have her, no one can. . Yet he continued to beat her mercilessly... The most recent beating, he threw her up against the dresser, causing her to hit her head on the corner of the dresser, cutting her head wide open... It required fifteen stitches to close the wound...

Further discussion with Joan revealed that she had been continuously abused as a child... she recognized that her father was unstable, and her mother wouldn't defend her... She recalled one day when she was about three or four years of age, that she was beaten by her father and she decided to leave home... She felt sure her father and her mother didn't love her, so she was going to leave and tries to find someone who would love her... Even at the age of three or four Joan knew that she deserved to be loved... She got her doll buggy and her doll and all the clothes she could get in the buggy, and started down the street, determined to leave her father and mother behind...

She was going to find the love she deserved... She knew she deserved to be treated better than she was being treated by her parents... So she decided there was no need to stick around that house any longer with people who didn't love her... Even as a child, you can recognize that you deserve to be loved...

Words don't really express true love... Joan's husband told her he loved her and couldn't live without her, yet he continued to beat her... His words were not backed up by his actions... Real love brings joy, happiness and harmony into

the home and into the individual lives of those living in the home...

There is no greater joy than to give happiness; to give love, peacefulness, serenity, and security to one who needs it so desperately... This is what Joan needed... This is what she had been looking for since she was three years of age... What could I do? How could I help her* As I listened to her story, which she had never told anyone before,,, I realized that she had come to me seeking help with this problem that she had been experiencing all of her life...

I decided to ahead and hypnotize her... Inducing the hypnotic state would give me some time to figure out a way to help her... After getting her in a hypnotic state, I told her to use her imagination, and see herself standing in front of a full length mirror, dressed in a bikini... I wanted her to notice that she was a beautiful woman, with a really good figure... She was quite attractive, so all she had to do was see her natural beauty...

I told her to tell me what she was seeing as she looked in the mirror. The first thing she noticed was her own face reflected in the mirror... I then told her to really look at her face and notice it clearly... I suggested that when she became aware of

the fact that she had a very pretty face, one of the fingers on her right hand would lift up... Then I told her to look at her breasts and notice that her breasts were well developed and that her breasts were perfectly proportioned for her slender body... Then I had her notice the rest of her body, and when she recognized the fact that she was a very attractive woman, a finger on her right hand would raise up toward the ceiling... I then had her be aware that she was a loving, caring person, and that she deserved to be loved and treated lovingly...

It took a little time, but her finger raised for each characteristic I mentioned, until I said, I want you to see that you are a forgiving person, I knew Joan had a lot of anger within her, and I knew that the anger would do more harm to her than those that had caused the anger, so I was trying to get her to release all the anger...

Joan had been mistreated for many years, and had suffered all of those years in silence, with no one to go to for help... Everyone deserves to express whatever feelings they have... She had never been given the opportunity to express her feelings and emotions...

I explained to her that she had a right to be angry and to express her anger... She had experienced a lot of pain, and by experiencing all that pain, she realizes that she is a human being, and she is alive, and she has a good, healthy nervous system...

I reminded her that it would have been a shame if she was so hardened that she had no feelings... Her feelings let her know that she has retained the ability to be sensitive and caring about others, and by being an understanding and caring person, she will be able to live a much happier, more enjoyable life than she had ever experienced before...

As she continued looking in the mirror, tears began streaming down her cheeks... They were tears that she had been holding in for a long time... She was finally letting go... She was finally getting them out... I could see kindness, and compassion... I could see the signs of love and caring, and the many other good qualities that she had stored up within her...

I asked her to walk away from the mirror, but she was to remember all the good she had seen in herself... Next, I wanted her to move over to the video machine and put in a video tape that was going to show her how she was going to

make changes in her life that would release her from the unhappiness, and replace the unhappiness with love, joy, kindness and success... I suggested that her finger would rise up to let me know when the solution to the problem had been worked out...

It's really amazing how your unconscious mind can review what is causing a problem and work out the solution, and resolve the problem in a very pleasant way... Just as easily as her mind reviewed the causes and worked out the solution; your own mind is now reviewing, examining and exploring what has caused the problem you've been experiencing... Your mind is working out the solution, enabling you to get the problem resolved... Your mind is also increasing your confidence to make the changes needed to get the problem resolved for now and forever...

Even after you awaken from the hypnotic state, your inner mind will continue reviewing every experience that has had anything to do with causing that problem... The reviewing can continue in your dreams, and when your mind understands there is no reason the problem needs to continue, your inner mind will enable you to work out the solution... You will soon be completely free from the problem.

LETTING GO OF ONE YOU LOVE

When Jason one of my former clients heard the cries of two robins in the yard outside my office, he had no idea that it would lead to one of the most difficult decisions in his life...

When he first saw the two birds in the yard he thought they were fighting... They kept flapping their wings and tumbling over each other... He continued watching for a few minutes and realized that somehow they had become tangled together with some kind of string... He came back into my office and asked to borrow a towel. He then went back out in the yard and threw the towel over the birds and picked them up... He noticed that their legs were all tangled together with a thin fishing line... He borrowed the smallest scissors we could find and began snipping the fishing line off their legs... After he got the line off the birds, he noticed one of the birds leg was injured severely... He wrapped the bird in the towel... He took the other bird out to the edge of the porch and released it... He began talking to the injured bird, saying everything would be okay... He told the bird he would take care of it... He asked if he could keep the towel to keep the bird wrapped to take it home...

At home he cared for the bird, feeding it daily. And nursing it back to health... He wasn't sure whether it was male or female, but he called it Charley... Day after day he fed the bird, talked to it, sang to it, and nursed it... The leg kept healing more and more... He was thinking about buying a cage, fearing that it may fly away when it recovers completely...

Then he began thinking it would not be fair to the bird to keep it caged... After all, it was born to be free, he decided... What right did he have to cage it up???

He began thinking that everyone has their own path they must follow... How would he like it if someone took him and put him in a cage? He appreciated being free to make his own decisions,,, having the freedom to go about his business, doing what he wanted to do, saying what he wanted to say, eating what he wanted to eat...

He decided that the bird needed protection for a while, just like we all need love and protection from certain things that are beyond our ability to handle... Then he remembered that he was at my office when he found the bird... He was seeking hypnotherapy because he had a problem he had consciously been unable to solve... He came to me seeking help, and he

certainly did not want to be held captive by me just because he needed help temporarily...

The day finally came when Jason realized the bird was well and needed to be set free... He had really become attached to the bird... When you have to make a decision like that, it stirs up all kind of feelings... You remember the line in a song, "Fish got to swim and birds got to fly." Again you realize it would not be right to keep the bird after it's ready to leave... So, you take the bird and move towards the door. A few tears appear on your cheeks. You feel a little ache in your chest... Yet you also notice a good feeling coming over you... You realize that you took care of Charley when he or she needed you... You are recalling that someone said, "Absence make the heart grow fonder." So you open the door, walk to the edge of the porch, and looking up at the beautiful, blue sky, you hold Charley up and open your hands... Charley flew out for a moment, then turned and came back toward you, as though he wanted to say thanks... He swooped by and then went on his way...

Jason stood there a few moments, wondering if he would ever see Charley again... Several months had passed, with Jason thinking about Charley occasionally, wondering how he was doing... He had almost forgotten Charley when, one morning he awakened, and saw Charley sitting on the

window ledge... He jumped up quickly, went over and opened the window, stuck his hand out and Charley hopped onto his hand... He drew Charley in with a smile,, and he realizes that someone you love never leaves forever... He felt a great sense of relief as he put his hand back out the window and Charley flew into the distance... Jason thought to himself, there is really unity and oneness to all of life, and in reality there is no separation...

ATTAINING PROSPERITY

Edie would never have guessed. When she quit school at the age of fifteen that she would be a multimillionaire before her 35th birthday... The most amazing part about it is that she didn't marry a multimillionaire... In fact, she married at the age of 16, and after her marriage, she discovered that her husband was an alcoholic... He had no intention of doing anything to overcome the problem... She had two sons by the time she was 19, and was divorced by the time she was 21... Her ex-husband never sent her a penny to help support the two boys...

Since she had been born in Russia, and had lived there until she was 9 years of age, she could speak the Russian language fluently... She got a job working for the government as an interpreter...

She worked for a short time and then decided to go back to school and complete her high school education. . She continued working as an interpreter, and went to school each night. She finally graduated from high school before her 25th birthday, then she decided to go to college... She enrolled to

study for a Bachelor's degree in Business Administration...
She continued working days and going to school each night...
She received her degree at the age of 30.

After graduating from college, she got a job as manager for a private employment agency... The agency had been having financial problems, yet during her first year as manager the agency made over a million dollars profit...

She asked for a raise in pay and was turned down, so she resigned and started her own business... The first year, her business made over a million dollars, and by the time she reached her 35th birthday, she was worth over ten million dollars...

For many years Edie seemed like she was headed for a life of poverty... She came from a broken home... She had been abused by her father until her mother finally divorced her father... Her mother left Russia and came to the United States bringing Edie with her... Her mother raised her, and still lives with her today... Edie's mother did her part by taking care of Edie's sons while Edie worked and completed high school and college...

When Edie married at age 16, everything got worse... She went through five years of a miserable marriage and financial hardship... When she finally divorced her husband and decided to go back to school, Edie was determined to get her family off the welfare rolls...

She made good grades in school... She was so busy working and going to school that she didn't have time for dating, so she didn't remarry...

One thing that Edie proved was that when she decided to make things happen, she was successful... She earned the confidence of all who knew her... She worked hard to become a success... She gave her two sons a model to live up to... She proved that you can do anything you make up your mind to do, regardless of the type of environment you are born into...

The person who is determined to be successful, and sets goals to achieve, and is willing to put his/her talents, skills and abilities into action will be successful.

SUGGESTIONS TO DETER SUICIDE

(Most suicidal impulses are temporary and many are brief, especially if there is someone available with whom the person can discuss his/her problems... If the suicidal pattern can be interrupted or if the client can be given a "face saving way out." the suicidal danger will probably lapse... the therapist needs to remember that the suggestions here are not an attempt to solve the problem, instead they are designed as a temporary deterring device... to help the client achieve permanent results. You will need to help uncover the cause of the problem and get the client released from the cause.)

In the future, if you ever: have any thoughts, or ideas, or feelings or impulses about suicide that will be an automatic signal that will cause you to call me on the telephone... You will continue your efforts to get in touch with me until you are successful. , Do you understand? (Blake sure the client and understands clearly.) (If the client does not understand, explain it more to client)

As you are attempting to call me, you will continue feeling more comfortable and at ease... When you reach me and hear my voice, you will become calm and relaxed quite easily... You will go into a hypnotic state quickly when I tell you to, even if you do not want to at the time... I'm sure you agree to that, because it is for your own good... It is for your best interests...

You will still have the freedom to do whatever you want to do after you come out of the hypnotic state, so I'm sure you will find it agreeable to go into a hypnotic state whenever I give you the suggestion to do so... (You agree with that, do) (Wait for a response,) (Once you get a client to agree, he/she will always keep their promise.) You understand clearly that if you ever have any thought, impulse, or feeling about committing suicide, you will immediately go to a telephone and call me... As soon as you begin dialling my number, you will begin to feel more at ease and more relaxed,,. You will be unable to commit suicide...

Your only thought will be to call me on the telephone... You will want me to hypnotize you and give you suggestions that will enable your mind to be calm and relaxed...

If I am not available, you will continue to relax and you will move into a hypnotic state automatically... You will remain in the hypnotic state and keep feeling calm and peaceful as long as you need to until I am available.

However, when the unconscious level of your mind is aware that the urge to commit suicide has faded away,,, you will relax another five or ten minutes and then you will awaken from the hypnotic state feeling peaceful and serene...

During the time you are in the hypnotic state you will experience a strong sense of awareness of the fact that you were created by the same Creator that created every other person on this earth... You will realize that you are just as good and just as deserving of a happy, enjoyable, prosperous life as any other person... You will find thoughts and ideas coming out of your inner mind into your conscious awareness... You will experience a sense of love, joy, forgiveness and oneness with your Creator... You will experience a feeling of tranquillity and well-being... You will find yourself doing and saying the right thing at the right time and in the right way... Whatever you need to know, you will realize that your inner mind already knows.

UNDERSTANDING SELF

I want you to use your imagination now and think of yourself walking along a path in a beautiful forest... The sun is shining, the birds are singing, there is a very pleasant stream flowing close to the path, and there is a pleasant aroma...

As you are strolling along, you suddenly notice a large mound of freshly dug dirt on the right side of the path... You look closer and notice a wooden door that leads into the underground... It is open... Being curious, you enter the door and see a tunnel which is somewhat dark... However, you do see a glimmer of light coming from the other end of the tunnel...

Your curiosity causes you to go into that tunnel and walk towards the light. You continue moving into a deeper, more peaceful hypnotic state as you move closer and closer to that light... It keeps becoming brighter..., You finally reach the other end of the tunnel... As you emerge, you are surprised to find yourself in a fabulous well-lit garden. . You look up to see where all the light is coming from... You notice hundreds and hundreds of skylights overhead... You hear some cheerful laughter coming from around the curve in the garden a little way ahead... You move toward the laughter

and you see a happy, smiling face of a person in the path... He introduces himself as Universal Wisdom, the owner of the garden... He invites you to walk in any part of the garden you desire, and explore any area you desire to see...

The first thing you notice is a pool, filled with water... It is so clear that you look into it and see yourself... You look slim and trim, exactly the way you want your appearance to be... Your entire body is perfectly proportioned...

You look around and notice that the person you met, called Universal Wisdom is still there with you... He speaks and gives you some information about yourself that you have been unaware of... After you have received this information, I want you to tell me as much about it as you are willing for me to know... (Wait for response.) {I (appropriate, further discussion with Universal Wisdom may be suggested.)

After getting all the information you need for now, you continue your walk in the garden... The winding pathway leads to many interesting parts of the garden... Moving along you meet a young child on the path... The child smiles as you bend down and she whisper5 something in your ear... You

realize that she is telling you something about yourself that you had forgotten years ago... She tells you about an incident from your early childhood... Something that you need to remember that will help you enjoy your life more fully. .. (And client if she/he would like to talk about what the child You look at Universal Wisdom as you leave the child and continue your walk... You wonder how that child knew the information she whispered in your ear... Universal Wisdom sensed what you are thinking and reminds you that we all have a tremendous amount of information that we are not even aware of consciously... When we become more and more aware of the knowledge within us, we begin experiencing perfect peace... We feel happy to be alive... We realize that we can achieve any goal we set for ourselves.

You continue on your way, arriving at a small clearing where three butterflies are fluttering joyfully, humming a tune about the beautiful day, and how everything is going your way... The tune is all about being happy... You pause for a moment and listen, and then continue your walk...

You are getting near the end of the garden... Universal Wisdom is reminding you of all the great insights you will experience as a result of your trip through the garden...

You have completed your journey through the garden... You are getting ready to go back through the tunnel... You will soon be returning to the activities of your daily life... You are aware of the amazing amount of wisdom you have within you... You are determined to put that wisdom into action, knowing you will keep becoming more successful in all areas of your life.

ADJUSTING TO FALSE TEETH

Your body is probably one of your most prized possessions... You realize the importance of your body... You are aware that only you can take care of your body... You respect your body... You want your body to always be healthy... In addition to wanting your body to be healthy, you want your body to be attractive... You will look very attractive wearing those new dentures... You will be more calm and relaxed when you are eating... It will be easy for you to chew your food, enabling your food to digest properly... You will also be aware of feeling more at ease when you smile...

Notice how good you feel right now... You are breathing much more easily and freely... Every muscle from the top of your head to the bottom of your feet is relaxing peacefully and comfortably...

I lived in a forest area at one time... As I would drive through the attractive hillsides, I would often marvel at how gorgeous it looked... Then one day there was a terrible fire that destroyed nearly all of the area... The hills were brown and black... It was no longer what people would call "beautiful..." I thought it was terrible to have all of that beauty ruined... However, as time passed I began to witness a miracle... I began noticing patches of green here and there... Little trees

began growing... The beauty began returning... The last time I drove over that road I was reminded of the way life is... It doesn't make any difference what happens... Injuries may occur, teeth may decay, and may even need to be replaced... Yet life continues... We may develop a few scars, yet we recuperate... Maybe not exactly the same as before the injury... The teeth that we get to replace the ones we had may be different... But I am continuously reminded of the miracles we see all around us... When I thought of that forest fire that had occurred a few years ago, and go back and see that area today, I recall the transforming power that restored newness and life and beauty to that area again...

You are feeling calm and peaceful now, experiencing a wonderful feeling of confidence and pride in yourself... This relaxation that you are experiencing is enabling you to realize that even though the teeth you were born with have been removed, they have now been replaced with new teeth, and your mouth and gums are adjusting to those new teeth just as easily and comfortably as your mouth was able to adjust to the teeth that had been in your mouth... In fact, you can enjoy your new teeth even more, knowing that your new teeth will never wear out... Your new teeth will never have any cavities...

(Have the client develop rigidity in one of the arms by giving the following suggestions :)

Hold your (right/left) arm straight out in front of you now and make it rigid and stiff... Make your arm as stiff as you can make it... Notice the feeling of energy and strength in that arm... Now let the arm relax and feel very comfortable...

Just by deciding to make your arm rigid and stiff, you were able to do that... You controlled your arm easily just by listening to what I told you and responding because you were willing to respond... Just as easily you are capable of controlling any other part of your body, including your mouth and throat...

The subconscious and unconscious level of your mind is realizing that you are in control... Anytime you decide to put your teeth in your mouth, your teeth and gums will always feel comfortable... Your teeth will soon feel so comfortable that you won't even think about them being in your mouth... Your teeth and gums will feel normal and natural...

You will feel good about your appearance with the teeth in your mouth... Your dentures will function smoothly... You will be able to eat any kind of food you desire to eat... You will be

able to talk clearly and feel completely at ease when you are talking...

In just a moment we will be concluding this session... You will awaken from the hypnotic state feeling rested and refreshed... You will feel as though you have just awakened from a restful, enjoyable nap... Your entire body will feel vibrant and alive... You will be full of energy and vitality.

ELIMINATE STUTTERING

(After the client is in a hypnotic state, the following suggestions are given :)

I want you to use your imagination now... Think of yourself riding in a comfortable car, on your way to a meeting with a group of people who are thinking about forming a club for people who want to overcome the problem of stuttering...

You arrive at the meeting, and everyone just seems to be sitting around, wondering what to do. No one seems to be talking to each other... Everyone seems to be afraid to talk from fear of stuttering... So they just sit... Finally, you speak up and ask who is in charge... A young lady admits putting the ad in the paper,,, but says she stutters too bad to lead the meeting... Another person suggests that since you brought it up,,, maybe you would be a good person to be in charge... You try objecting, fearing that you would struggle too much.., However, they all agree that you should lead... You arise, and move to the lecture at the front of the room... You begin by telling everyone why you decided to attend this meeting after reading the ad in the local newspaper... Then you tell everyone that they can be helpful to each other in overcoming the problem of stuttering... You had been talking about five minutes, when a young man raised his hand... He

said, he had been listening to you for five minutes and you had not stuttered one time... All of a sudden you realized that he was right... You felt so at ease up in front of the others that were at the meeting that you had been talking fluently...

You were talking confidently... You felt locally relaxed and at ease... Your previous fears and tensions were gone when you got up in front of this group... Your stuttering had been replaced by a smooth, easy flowing manner of speaking... Even though everyone at the meeting were strangers to each other, you felt confident; you felt secure and much more relaxed and at ease...

You felt quite proud of what you had accomplished... You were pleased to find yourself speaking easily and naturally... In just a moment I'm going to ask you to repeat a sentence after me... You will be amazed when you notice how clearly you talk... You will be pleased to hear yourself speaking easily and freely...

Now, repeat these words after me... "At a meeting -- of a group of stutterers, -- 1 was asked -- to lead the meeting - to determine -- whether or not -- we should form a club -- to help each other -- overcome the stuttering problem... After

talking to the group -- about five minutes without stuttering -
- my confidence kept increasing... We decided to form the
club -- and I was elected president... It helped me so much --
that no one in the club -- ever heard me stutter... I overcame
the problem -- my first night at the meeting..."

You can continue moving into a deeper, more comfortable
state now... Your mind is reviewing what caused you to start
stuttering... The unconscious level of your mind is reviewing,
examining and exploring what caused that problem... Your
mind is working out the solution to that problem... Your
unconscious mind is realizing that there is no reason the
problem needs to continue... The unconscious level of your
mind is causing you to experience very pleasant changes that
are getting rid of the problem for now and forever...

When your unconscious mind understands what has been
causing that problem, and knows that you don't need it any
more, and knows that changes have started and you are
getting rid of the problem for now and forever,.one of the
fingers on your right hand will raise up toward the ceiling
and your finger will remain up until I tell it to go back down...

You are continuing to relax now... Your mind is peaceful, and is open to awareness and understanding... You are becoming aware of a spirit of power within you that enables you to overcome obstacles, and improve all areas of your life...

You came from the same creator that every other person came from... You are here for a purpose... You are here because you are very special... You do not need to measure up to anyone else's expectations of you... You are not here for the purpose of being what someone else expects you to be... You are you, and you are unique... Your main purpose is to be what you want to be...

Each day your self-confidence is growing stronger... Your self-acceptance is increasing, and your self-reliance becomes more real in your life...

(If finger has not lifted, go to prescription on pages 63, 64 in Prescription Book 1 before waking the client.)

In just a moment I'm going to count to five... Each time I say a number, your mind will become more alert... You will awaken feeling refreshed, calm, and very comfortable.

GET RID OF ANGER

As you continue drifting into a deeper hypnotic state, I want you to use your imagination... Think of yourself and feel yourself walking along a path in the woods, moving into the deepest level of hypnosis you are capable of achieving at this time... Enjoy the beautiful scenery in the woods, and it will continue becoming more real in your mind... (Pause)

At the side of the path in front of you, you notice a huge boulder that is against the boulder is a large hammer, with a head when you see or imagine the hammer.

As you are walking over to pick up that hammer, you are realizing that the boulder represents all the feelings of anger that you have been experiencing for a long time... It represents all the fenestration, all the resentments, all the bitterness... It's all accumulated there in that mass of stone. .. (If the frustration, and anger, and resentment and bitterness have been caused by a specific person, suggest that the boulder is a sculpture of that person.) You are picking up that hammer now, and you are beginning to hit that boulder with the hammer... You are hitting it harder... You are getting rid of all that fenestration and anger... You are getting rid of all that bitterness and resentment... When you have eliminated

all of that fenestration, and anger, and bitterness and resentment, you will signal by lifting up one of the fingers on your right hand... You are feeling free to hit on that boulder as long as you need to... You are getting and of the anger, fenestration, the bitterness and resentment a little more each time you hit the boulder... Pieces of the boulder are breaking off and crumbling... You continue hitting the boulder until it has been completely demolished... When the boulder is completely demolished, you will be free from all those feelings of bitterness and anger, of frustration and resentment... Those feelings that have been bothering you will be gone for now and forever... (As the client is hitting the boulder, encourage the client by saying, Hit it again... Bit it harder... Get it all out of your system... Get rid of all the anger... You are feeling free... You are eliminating all the anger forever...)

(If the client balks at hitting the boulder, have the client imagine it is another person who looks like the client hitting the boulder-left the finger has lifted, continue with the

You can drop the hammer now... Continue walking along the path... Just ahead you see a beautiful meadow, with wild flowers... There is a nice gentle brook flowing through the meadow... The sun is shining comfortably, and there is a nice, gentle breeze... You notice a large shade tree over near the

brook... You walk over and sit down... You lean your back against the tree and you are watching the water flow gently... The unconscious level of your mind is reviewing what had caused all that anger and frustration... Your mind is making certain it understands all the causes and effects, and has worked out the solution completely and permanently...

When your unconscious mind understands what has been causing the anger and knows the problem has been resolved and you have overcome the problem, one of the fingers on your right hand will raise up toward the ceiling... Your finger will remain up until I tell it to go back down. I want you to notice the toes on your left foot now... In a moment you will become aware of a tingling sensation in your toes... When you notice the tingling in the toes on your left foot, one of the fingers on your left hand will raise up toward the ceiling... Your finger will remain up until I tell it to go back down... two for finger to lift up, then the)1 the finger to go back down,)

Good... The unconscious level of your mind is responding well to the suggestions I'm telling you... Now I want you to, notice that tingling sensation spreading all through your foot... Weight the tingling has spread up to your ankle} a finger on your left hand will Rise up again and your finger will remain up until I tell it to go back down... After I tell your finger to go back down, on will notice the pleasant tingling sensation

moving up your leg and spreading through your entire body... Those enjoyable sensations are coming from the good feelings you have about yourself... Those wonderful feelings are coming from the good experiences recorded in your unconscious mind that are increasing your feeling of love for yourself and for others...

You are getting ready to come back to a wide awake, fully alert state now... You are feeling good about what you have accomplished... You realize that you are a loving, caring person, and you keep feeling better about yourself each day.

MULTIPLE PERSONALITIES

All of you are listening now and following the suggestions I tell you... Each of you will continue feeling more comfortable and more at ease, and as you do, I want you to imagine yourselves on the side of a gentle sloping hill that overlooks the ocean. Each of you are very comfortable, lying near the top of the hill, seeing the ocean in the way that seems most peaceful, safe, and beautiful...

It is near the end of a very enjoyable day... All of you can feel a sense of satisfaction for what you have accomplished today... From your position on the hill you can look around and see three rivers that flow into the ocean... You watch them flow peacefully and calmly... They flow off into the distance... You can see the sun getting closer and closer to the horizon... The beautiful colours of the sun are reflecting off the faces of each of you.., As you look at the beautiful light coming from the sun, you can no longer see each other... You see only the rivers flowing into the ocean and the reflections of the sunlight on the water...

As the sun sinks lower, the gold reflections from the sun seem to be carried from the rivers into the ocean... In just a moment I will count to ten... By the time I get to the number

ten, all of the gold from all the rivers will have flowed from the rivers into the ocean... One... You can see or imagine the gold moving into the ocean. . Two... The gold from all the rivers is moving into the ocean... Three... Four... Five, . The ocean is becoming a more beautiful gold... Six... More of the gold is moving into the ocean... The ocean is becoming more beautiful... Seven... All of the water from the rivers is flowing into the ocean... The ocean is absorbing the gold water from the rivers completely... Eight... Nine... The beautiful gold water has blended with the ocean water perfectly... Ten... The waters have blended so perfectly that it is impossible to determine which waters came from the rivers... They all seem to be the same... They have become one for now and forever... Look at the sun and you will notice it has moved down below the horizon... What were gold have now become purple, and red, and all the beautiful colours of the sunset...

All of you look around now, and you will notice that many of you have joined together and become one... You will be pleased to find that each moment more of you are joining together... You are experiencing a wonderful sense of satisfaction as you become aware of how comfortably you are all uniting... At just the right time, you are working out the best way to all become one...

You are feeling more- safe and secure as you become stronger... You are all becoming one... You are all uniting, joining together... That increases your strength... You realize that as one you can accomplish much more than each of you can accomplish separately.

I want you to repeat the following statements after me... Repeat them clearly, as they become more deeply embedded in your mind:

1. I (repeat the client's name.) deserve to live my life with respect and dignity...

2. I (repeat the client's name) deserve to live my life joyfully and peacefully...

3. I (repeat the client's name) I am an educated, intelligent person... I am Mature... I am becoming healthy and whole...

4. My mind is reviewing any imprints, impressions, thoughts or ideas that have come into my mind to cause the problem... My mind is developing a new understanding and a

new realization that the past is gone... The problem° is being resolved perfectly and completely...

5. I (repeat the client's name.) give my word of honour that the problem is being resolved in a very pleasant way...

6. I (repeat the client's name.) deserve to be healthy, happy and prosperous...

7. I (repeat the client's name) give my word of honour to continue progressing

Physically, mentally, emotionally and spiritually,

8. Every day I gain new insight, new understanding, and new energy in my determination to keep improving in every way...

9. My determination to achieve every goal I set for myself keeps increasing more each day...

10. Every day in every way, I keep getting better and better,

Now, before we conclude this session for today, you are noticing that you feel much more confident and happy... You will notice the increased confidence and happiness even more when you are back in a wide-awake, fully alert state... You will notice that you continue improving more each day... Regardless of the amount of improvement you achieve, you will notice it... You will continue becoming more confident that you are being healed completely.

FREEING THE MIND

I wonder if you are familiar with electric fences, the kind they use to keep cattle within a certain area... Usually it appears to be only one piece of wire winding around the field, however, through that wire goes a current of electricity. Not enough electricity to be dangerous, or cause injury... Instead it is just enough to give the cattle a jolt if they touch it... The wire winds all around the field and the cattle learn quickly where they can go and where they are not permitted to go... All it takes is getting against the fence and getting zapped a few times. Being smart animals, they learn to look but not to touch...

They learn too well, in fact, after a short time the farmer can turn off the electricity and the cattle will not get against the wire... I have even read that as long as he keeps the sane cattle in the field, he could replace the wire with a strand of string around the field and the cattle would remain inside the string... I have even read that the wire could be removed and not even be replaced with string, and the cattle would stay within the bounds where the wire had been,,, even though there was no longer anything to hold them in, except the memory of the jolts of electricity they had felt when they went into places that were off limits... They learned where it was safe to walk, and their memories would keep them in an

area where it was safe to be... The cattle could be restrained by an invisible barrier created by their mind...

Human beings are comparable to animals when it comes to creating barriers in the mind... As a child we are told that we do not know how to do something and our mind accepts it and keeps us from learning how to do it... We may be told that we are dumb and our mind accepts that idea... Later we have trouble learning in school...

The fact is we all have minds that are capable of learning and remembering everything we see, everything we hear, and everything that goes into our mind... Once an idea, thought, imprint or impression goes into our mind, it is always there... We are capable of recalling everything that goes into our mind...

Our mind can be free from invisible barriers... We can be free from restrictions that other people have attempted to place upon us...

I want you to recall the first car your parents owned after you were three years of age... What kind of a car did your parents

own after your third birthday??? What colour was the car... Was it automatic transmission or stick shift??T Tell me everything you can about the car... (Wait for respond.) Now you realize that you have a good memory... You were able to recall something that happened years ago... Those memories are still in your mind, it's also a fact that the memory of everything you read, hear and experience is still in your mind...The ability to recall everything you learn is in your mind.

So you are getting rid of those barriers that have been putting limits on your mind... You are realizing that the barriers are gone... They have never been there.

Your ability to recall memories that go into your mind is increasing more each day... Every day your self-confidence is increasing, your self- acceptance is growing stronger, and your memory is improving rapidly...

You can be pleasantly surprised the notice you're learning abilities improving rapidly now that your mind is free... You will notice your concentration improving... Your comprehension will keep increasing, and you will be able to think more clearly...

You are continuing to relax calmly and peacefully... Your mind is clear and alert... You are very intelligent... You are confident and optimistic... You have a good outlook on life... You remember everything you read... You have the ability to recall everything you see and everything you hear... You are continuously absorbing knowledge... You are able to remember facts ... You have the ability to remember details... You know how to remember principles and theories... You can remember general trends and you have outstanding ability to recall, so your confidence in your abilities keeps increasing more each day.

DEVELOPING CREATIVITY

Scientists have said that by the time the average person is 50 years of age he or she has more than 70 trillion bits of information stored in the mind. Even people of below average intelligence have over 50 trillion bits of information stored in the mind, and those with above average intelligence have more than 90 trillion bits of information stored in their mind... In other words, everyone has tremendous amounts of information in their mind; much, much more than they are consciously aware of knowing... Much more than they need to be creative...

You are realizing that you have outstanding capability of continuing to accumulate increasing amounts of information... You are also realizing that you have the capability of using the information you have accumulated... So you are learning to continue becoming more creative each day...

Everyone has a mind that is capable of amazing accomplishments... So your self-confidence is increasing more and more each day... The more your confidence increases, the more you realize both consciously and subconsciously that you already possess the natural capability of using your inborn creative abilities...

Let yourself continue relaxing more peacefully now as you begin recalling a time when you used your mind creatively... As you continue feeling more relaxed and at ease, it keeps becoming easier for you to recall a time when you did something very creative... Visualize, hear, touch, sense and smell all the objects that are there... If there are any people around, you will be aware of them... Notice whether you are standing or sitting... Notice the temperature... Notice everything that is happening that makes the moment an exceptionally creative experience for you.

Now notice your emotional feelings as that creativity emerges... Sense your feeling of pride and joy. . Sense all the wonderful feelings you are experiencing...

Now continue relaxing and feeling calm as you begin moving forward to the future... You are moving forward to time when you are completing a very creative project... You are enjoying the experience with all of your senses... You are completing a project that you are planning or will be planning in the future...

Notice how pleased you feel... Notice the feelings of pride you are experiencing... You are a creative person, and you can feel very proud of your talents, skills, and abilities...

Each day your creative abilities keep emerging... You are becoming more inspired with creative ideas... You continue experiencing it more vividly and more clearly...

Your creative, innovative thoughts and ideas come into your conscious mind more clearly... You experience great joy at putting those thoughts and ideas into your own actions...

Every day in every way you are learning to use your creative abilities... You are realizing that you are a very talented and creative person... Your self-confidence, self-reliance, and self-acceptance are increasing more each day.

CREATIVE ABILITIES

You are realizing more each day that you were created by the same Creator that created every other human being... You are a Divine creation...You have outstanding capabilities...The unconscious levels of your mind are causing your creative abilities to keep emerging, enabling you to become all that you are capable of being...

You were given the opportunity to come into your physical body because of your desire to learn... Your desire to learn keeps increasing more each day...

You were created with the freedom to make your own choices... You have permitted yourself to be hypnotized because you have a strong desire to continue progressing... You want to be successful in all areas of your life... You want to grow... You want to progress... You want to evolve... You want to put forth your best effort in everything you do...

You have a mission in life... You have a reason for coming into the world at this time... Consciously you may be unaware of your purpose for coming into the world at this time, however, the unconscious levels of your mind knows your purpose for being here, and the inner levels of your mind are capable of helping you to fulfil your potential...

The unconscious levels of your mind are causing your creative abilities to emerge more and more each day... Your abilities are intensifying... Ever since your soul came into existence, you have been developing talents, skills, and abilities... You have been accumulating tremendous amounts of knowledge, far beyond what your conscious mind is aware of knowing... A scientist estimated that the average person has more than seventy-five trillion bits of information stored away in the unconscious level of the mind... You are using that knowledge and those abilities in new creative ways, to enable you to continue progressing...

New fields of creative activity are being developed by you... You are learning to use the amazing powers of your own mind... You can work out a solution to every problem in an easy, loving way... You understand that there is no problem

that doesn't have an answer... The answers are within you...
You will always use your mind wisely... You always are
thoughtful about decisions you need to make... You use your
creative abilities wisely, for your own benefit and for the
benefit of others.

OVERCOME PROCRASTINATION

You showed up for your appointment today, and that is a big step toward overcoming the problem of procrastination... As you continue moving into a deeper hypnotic state of relaxation, I'll be giving you suggestions that will cause you to do the various things you have to do when they are supposed to be done... In fact, you will enjoy getting at the things you have to do and getting them done... You will soon be getting your work and other tasks done more and more rapidly... It will give you a great feeling of pride and accomplishment to get your work and other tasks done ahead of time...

Each day you keep realizing more the importance of finishing work or projects you have agreed to complete and you'll find it enjoyable to get them done on time... In many instances, you will get them done ahead of time...

You are experiencing more pride in your work and other projects... You set priorities and realize the importance of getting it done on time and in many cases, you will get it done ahead of time...

Your mental abilities and creative abilities keep emerging more and more each day, causing you to develop creative ways of handling your responsibilities... You identify the projects that are important, and you devote the amount of time needed to get them done as rapidly and efficiently as you possibly can...

From now on you set goals for yourself to accomplish, and your creative mind enables you to develop effective ways to achieve those goals successfully...

As you complete each task, you continue learning from your success, and it increases your confidence in achieving the next task... You are able to make decisions wisely... You have confidence in your decisions... It keeps becoming easier for you to make decisions... You have confidence in your ability to make the right decision at the right time...

You keep feeling a greater sense of accomplishment, and a sense of well-being by completing your work and other projects on time... You are experiencing greater pride in doing things that need to be done, and getting them done as

rapidly as possible... When you have work to do, or a project to complete, you get at it and get it done in sufficient time...

Your motivation to keep becoming more efficient and effective in completing your work and other projects is increasing daily... It gives you a wonderful sense of accomplishment to complete your work and to complete each project, regardless of how small it seems to be...

Your abilities to be successful are increasing rapidly... You look forward to beginning and completing new projects... You look forward to making decisions... You look forward to the many rewards of completing a task or project in a sufficient period of time... You look forward to getting your work, your tasks, and your projects done when they need to be done...

Your self-confidence, self-reliance, and self-sufficiency keep increasing more each day... and you continue becoming more proud of your accomplishments.

PLEASANT CHILDBIRTH

You can use this time of relaxation and imagine that you are in a pleasant place that you enjoy very much... Let yourself sense and feel that you are there, seeing things that you see there, feeling things that you feel there, and hearing things that you usually hear at your comfortable place. . You are really enjoying yourself... You are feeling calm, relaxed and at ease... You continue moving into a deeper, more peaceful hypnotic state.

This is a very comfortable, pleasant, tranquil place where you can relax peacefully and feel safe and secure... You are enjoying the calmness and, quietness of this place... While you are continuing to relax comfortably I want you to learn to divide your body into two parts, an upper part and a lower part... I want you to include your uterus in the lower half... When you have done this, you can awaken the upper part of your body and permit the lower part to remain asleep.., tell me when you have awakened the upper part of your body and the lower part is still asleep...)

(Strive client describe what the lower part feels like.)

You are not in a hypnotic state now because you have awakened the upper part of your body... Now tell me what the upper part of your body feels like...

I'm going to count from one to five in a moment and the lower part of your body will awaken... (Count slowly from one to five.)

Okay, you are doing real good... Close your eyes now and we're going to repeat this same procedure again... (Repeat from the very beginning.) (After repeating go to next sentence.)

From now on you are going to be able to use this technique during any time when you are giving birth to the baby... Getting the lower part of your body into a state of sleep will enable you to push the baby out easily and comfortably when it is time for the baby to be born...

You may find that you are comfortable during the birth of your baby that you want need to use this technique... However, if you desire to use this technique, you now realize that you can do it easily...

You are moving into a much deeper, more peaceful state all through your body now... The unconscious level of your mind is open to receive additional suggestions and directions I'm giving you...

You understand that when the time comes for your baby to be born, the contractions of the uterus are similar to the contractions of any other muscle in your body... You will be aware when the contractions of your uterus begin... You will feel them in a way comparable to the contractions you experience when you are having a bowel movement... You will feel joyous and happy, knowing that each contraction moves you closer and closer to giving birth to your baby through a normal vaginal delivery...

Each contraction will be experienced comfortably... The unconscious level of your mind will cause you to relax with each contraction... The more pressure you experience during each contraction, the more comfortable your relaxation will be...

Your confidence will increase with each contraction... You will look forward to each contraction, realizing that as each contraction keeps getting closer and closer together, you are getting nearer to giving birth to your baby...

Having a baby is a really exciting, enjoyable experience and you can enjoy the entire procedure feeling relaxed and comfortable...

You will always remember that while you are giving birth, you will be in control the entire time... You can have your baby your way... By being relaxed and completely in control.

Just as you experience comfort when the muscles of your heart, your intestine, or your bladder contract, you will experience comfort when the muscles of your uterus contract... You understand that the entire process of having a baby is normal and natural.

COMFORTABLE CHILDBIRTH

You are realizing that the comfort you are now experiencing is something which you have achieved yourself... All I have done is give you suggestions... You are the one who is producing the comfort... In other words, you have hypnotized yourself and now you are going to be able to use it for your own benefit... You will find your comfort improving for the remainder of your pregnancy... When the time comes for the baby to be born, the baby will come through the birth canal in a short, safe and easy

You will be aware when the contractions begin... That will be a signal for you to relax and keep becoming more comfortable with each contraction... Your circulation will continue improving all through your body...

Each contraction will be thought of as a pleasing experience, bringing you nearer to your goal of giving birth to a healthy new baby... You will think of the pleasure and enjoyment your new baby will bring to you and your husband...

When the contractions are about 10 minutes apart, you will get ready to go to the hospital... You will experience a wonderful feeling of joy... The moment you get in the car you

will feel very comfortable, like you do when you sit in that chair here in my office.

As you are on the way to the hospital, each contraction will cause you to continue feeling more comfortable... You will feel a wonderful power working within you... You will feel quite calm, confident, and comfortable.

You will be aware of the contractions and feel quite satisfied that everything is going smoothly enabling you to share the experience with the baby... During the entire time the baby is being born, you will remain confident and you will be certain that the entire delivery of the baby is progressing quite well...

As the time between the contractions keeps becoming shorter, you will gradually become aware of more comfortable pressure... You will notice that your mind will continue to ease the pressure... You will remain calm and comfortable...

When you arrive at the hospital, you will talk to the nurse and the doctor easily and calmly, they will talk to you, and you will comfortably respond to any ideas or instructions they give you... The entire time the contractions will continue in an easy, natural way... You will feel joyfully excited, knowing that you will soon be seeing the baby... You can find yourself thinking that in a short time you will be holding the baby...

That will cause you to become even calmer, and quieter, and more comfortable... You will think of the joy and pleasure in giving birth to a healthy baby...

Each contraction will be considered as a pleasing experience which brings you closer and closer to seeing your baby and holding your baby... You will realize that contractions are an important part of enabling you to give birth to the baby... You understand that contractions are normal and natural... The contractions will be as comfortable as digesting your food in an easy, natural way...

After the baby is born, your elimination system will function easily and comfortably... You will urinate easily at any time you need to. Your bowels will move easily and normally whenever they need to... Your appetite will be normal, enabling you to eat food that appeals to you...

Your short time in the hospital will seem like a pleasant vacation... The effectiveness of your calmness enables you to give birth to your baby easily and in a normal, natural way...

When you enter the delivery room that will be a signal that will cause you to move into a state of pleasant expectation and you will probably find that all of these suggestions I have told you will work automatically and you will not need to enter

hypnosis during delivery... You will remain comfortable at all times.

SUGGESTIONS FOR DECISION MAKING

As you are continuing to relax more peacefully and calmly, the suggestions and instructions I tell you will be understood by your subconscious mind and all other levels of your inner mind... Your mind is causing the suggestions I tell you to begin working immediately... They will keep becoming more effective each day...

Your conscious awareness is narrowing down... There may be times when I'm talking to you and you may not be conscious of my voice... That's okay because the unconscious levels of your mind will hear everything I say... Your mind will cause you to put the suggestions I tell you into your own actions...

The unconscious levels of your mind learn rapidly... Your own mind knows that you are an intelligent person... You have all the knowledge and ability that has been developed as a result of your years of experience and education.

From the very beginning of the time when you came into existence you have been absorbing countless impressions learning many facts, storing ideas and all kinds of information in your mind... You actually have great amounts and varieties of wisdom, far beyond what your conscious mind has been aware of knowing...

You feel growing within you a realization that you have the ability to handle any situation you ever face in life...

You can make decisions with confidence... You make each decision based on your present knowledge... Once you make a decision, you are confident... You realize that if you attain new knowledge, you have the ability to make a new decision... You have confidence in yourself and in the decisions you make...

A friend of mine went through an experience recently that increased his wisdom on a number of levels. He had wanted to get a new job... He wanted a job that would pay more than his present job and would increase his prestige... He applied for a job that would require him to move to another City... He really wanted the job,, but was uncertain about whether he was willing to move to another city to get the job... He asked the company for a week to think about the offer... They extended the offer another week.

The entire week, his mind went back and forth, trying to consider the job offer from every angle... When the company called him after the week was up... He asked if he could have three more days to make the decision... The company called him three days later, and he asked for one more day... They

politely gave him another day to decide... When the company called him the next day, he said he would call them later that day... They told him they had already given the job to someone else that was more enthusiastic about the opportunity.

He was quite upset because he really wanted the job, yet he had been afraid he was going to make the wrong decision... Rather than accept the job, knowing it was a lot better than his present job, and being willing to live one day at a time, he was unable to make a decision until it was too late...

There are times in life when we must make decisions, and have confidence in the decision... Some people miss good opportunities, not because of lack of skills, or talents, or abilities, but because they have a fear of making decisions...

When there are decisions to be made, instead of thinking of negative things that might possibly happen, consider what will be gained by making a positive decision...

Your self-confidence is increasing daily... You have complete confidence in your own judgment, your own opinions, and your own points of view... You will continue to be more successful in everything you do... You will remember that life is not a cup to be drained... Instead life is a cup to be filled...

You will be successful in filling the cup of your life with joy, happiness and prosperity...

When I was learning to drive a car, a friend told me to put the car in reverse and back it up... He said it this way, "Go ahead, and back up!" The moment he made that statement I saw the humour in it and started laughing...

He asked why I was laughing, and I told him I can't go ahead while the car is in reverse... That is a fact about life... To move forward, we must have our mind geared to move forward... You are realizing that you are in charge of the directions you take... You have the opportunity to choose what you want to experience.

The laws of the universe always say "yes" to you... It is your responsibility to make the decisions... You have the wisdom and the ability to make decisions wisely.

ACHIEVING COURAGE

(To Reveal Being Molested Sexually)

Bob and his friend, Jim were playing in the yard... They were building a fort with some scrap wood they had found... Bob suggested that they should put the boards straight up, but Jim thought they would be better on their sides... So they made two sides with the boards straight up and two sides with the boards on their sides... While they were trying to get the boards to stand up, Bob noticed that Jim kept rubbing his pants... He didn't think anything about it until he noticed that Jim kept doing it more and more... Bob went to get some nails and when he came back they kept working until they had all four sides of the fort standing up...

As they stood there looking at the fort, Bob noticed Jim nabbing himself again, and he said, "Hey Jim, what are you doing?" Jim turned red... He was embarrassed, and he asked Bob if he could keep a secret... Bob said, "yes." Jim asked, "Are you sure?" Bob promised that he wouldn't tell anyone... You may not even be able to getting what Jim told Bob...
(Pause about five seconds.)

He told Bob that he and his uncle used to wrestle, and he said, "Sometimes my uncle touches me, and I don't like the way he touches me..." Bob said, "Hey, he shouldn't do that... It's not right... We'll have to go tell somebody..." Jim said, "No, you promised to keep it a secret!" Bob said, "You've got to tell your mother or your father, or some adult, because he may not stop doing it..."

Bob had seen a movie at school about what to do when someone touches you or tries to hurt you... He tried to explain to Jim how important it is for him to go and tell somebody... Jim said he had tried to tell but people wouldn't believe him... He had tried to tell his parents what his uncle was doing and they wouldn't believe him.... His uncle told him that if he ever told anybody, it would get his uncle in big trouble and it would be Jim's fault...

Bob suggested that maybe he should tell somebody at school... Jim said he would be too embarrassed... Bob knew it was important to keep telling until somebody listened... Jim didn't like what his uncle was doing... He knew he had to tell someone who could do something to make his uncle stop...

Both boys decided to stop building the fort for the day, and both headed home in their own directions... At school the next day Jim decided he needed to tell someone... He thought about all the things Bob had told him... The only thing he didn't know who to tell... Could he tell Mr Andres, the janitor? No, that didn't seem quite right... Maybe he could tell his teacher. No, he would be too embarrassed to tell her... He just wouldn't want to mention something like that to a woman... Finally, he decided to go to the counsellor's office and tell the counsellor... Surely the counsellor would believe him, and do something to make his uncle stop...

Jim took a deep breath... He could feel his heart pounding in his chest because he knew he was going to do something that took a lot of courage. He didn't know how it was going to turn out, but he decided to do it... He started toward the counsellor's office... All of a sudden he remembered that the counsellor was a woman... He stopped and thought about it for another minute... He decided that she was the only one he could think of to tell, so he walked into the counsellor's office and asked to speak to her about something very important. When she looked at him, she could see that he looked scared, and she told him to have a seat... Then she told him to close his eyes for a moment and breathe in deeply and exhale slowly about five or six times. She said that would relax his entire body... Jim did what she said, and after doing that he opened his eyes... He felt really relaxed... He finally started talking... He told her the entire story about his uncle touching him on his private parts... He said he didn't like it... He even told the counsellor his uncle had warned him not to tell anyone... The counsellor complimented Jim for having the courage to come and tell her what his uncle was doing to him... Then she began asking him questions... The more questions she asked the easier it was for Jim to talk to her... He knew they would figure out a way to get his parents to help him too, and make his uncle stop...

When he left the counsellors office, he felt much better... He was proud of himself for having the courage to tell someone who was able to help him.

OVERCOMING TEETH-GRINDING

(Bruxism)

You will continue drifting into a deeper, more peaceful state of relaxation as your subconscious mind and all levels of your unconscious mind is listening to the suggestions and guidance that I'm telling you...

These suggestions, along with the guidance I'm giving you will enable you to get rid of that problem of teeth grinding completely...It will help the muscles in your jaws to become loose, during the night, while your sleeping, and during the day as you go about your normal activities, you will want to keep your mouth slightly open, wide enough to place your tongue between your back teeth... That will keep the muscles in your jaws loose and flexible...The more you put your tongue between your back teeth, the more the muscles in your jaws will remain loose and flexible...

You are learning to be relaxed and calm at all times, when you are sleeping at night and as you go about your activities during the day...

Your subconscious mind and all of the unconscious levels of your mind have capabilities far beyond what you have been

consciously aware of... Your mind is remembering everything it needs to remember to keep your jaws and your entire body relaxed and calm, when you are sleeping at night, and as you go about your normal daily activities...

From now on you will be relaxed and calm during the night when you are sleeping... just before you go to sleep at night, your mind will have the thought, "lips together, teeth apart.. " That will have the effect of enabling your lips to stay together and your teeth to remain apart during the night while you are sleeping. The only time your lips will need to part during the night while you are sleeping is in a normal way to enable you to breathe easily and freely and to keep your lips moist...

Notice the feeling of peacefulness coming over your entire body... That calmness and peacefulness will continue during your daily life and during the night while you are sleeping...

Each night, just before you go to sleep, I want you to close your eyes and think the words, 'Lips together, teeth apart...' As you continue doing that, you keep reinforcing the idea in your mind... Your subconscious mind, along with all levels of your unconscious mind will cooperate and cause it to become normal and natural as you sleep peacefully and calmly...

You will also find your self-confidence and self-acceptance growing stronger... You will continue improving in all areas of your life: physically, mentally, emotionally and spiritually...

All of the suggestions and instructions I have told you are in the storehouse of your mind now... The suggestions and instructions I have told you are already working... Your mind is causing them to continue becoming more effective each day... They will continue influencing your feelings and actions in a marvellous, beneficial way...

You will notice the improvement, and you will be really pleased with your continuous progress.

DENTAL WORK — OVERCOME GAGGING

(To hand clients overcome gagging when having the teeth worked on by a dentist, it is first of all important to uncover the underlying cause of the problem. That can be done by using the finger response technique. (See page 76 in Prescription Book 1.)

(Ask questions similar to those syhich follow :)

1. Did something happen to you which caused you to have that gagging problem when a dentist is working in your mouth?

2. With regards to what happened to cause the problem, did it happen before you were ten years of age?

(The answer to question 2 determines whether you go up in age or down in age

(Continue with questions to find out what happened. See sample questions below):

3. Did a dentist do something to hurt you when you were years of age?

4. Did the dentist drill your teeth?

5. Did the dentist inject some Novocain into your mouth?

(After finding the cause of the problem, give the flossing suggestions to help the client overcome tee problem):

(Client's naive) I want you to use your imagination now. Imagine yourself taking a trip in a beautiful boat down a long river. As you ride down the river, you will pass markers that will take you back through the years until you are (age when probing began).

NOW (client's name), you are getting in the boat... You are starting the engine, and you are ready to leave on your trip down the river and back in time... Just push onward on the lever on the right. See that black lever on your right; just push it forward... Push it slowly... The further you move it forward the faster the boat will go... Notice as you push that lever forward that the boat is moving down the river...

You can notice that you are getting close to the first age marker over on the bank on your right... Now you've passed the first age marker... You are now (mention one year less than client's actual age) Now you are moving the black lever forward a little more and the boat is going faster and partner down the river... You have passed several age markers and you are now (mention age five years less than client's actual age) the boat is going faster now and you continue becoming younger... You are getting near (neutron age when problem began}...

You are pulling the lever back now and the boat is slowing down... You want to stop at the next marker and get out of the boat... There's the marker.., Pull the boost over to the dock...

You are now leaving the boat... You are going to see the dentist... You are years of age... You are in the dental chair feeling relaxed and very happy... You have opened your mouth wide and the dentist is looking at your teeth... You notice that you feel calm and relaxed... In fact you are enjoying the comfort as the dentist works on your teeth... It feels very pleasant... You realize he is fixing your teeth so they will be healthy and perfect for a long, long time...

You will always feel relaxed, and calm, and comfortable when you go to a dentist... You remember that he is very

gentle and he fixes your teeth so they remain healthy and strong...

The dentist has finished the work on your teeth... You feel wonderful... You thank him, and you are leaving his office...

You are going back to the boat... Now you are getting in the boat... You are comfortably seated... You start the boat and you are on your way up the river... You feel calm, and relaxed, and peaceful...

From now on when you go to a dentist's office, you will be relaxed and at ease... You will be able to have him fix your teeth or gums, and you will notice that you feel very comfortable the entire time...

You are back up the river now... You are parking the boat at the dock where you began your trip... YOU deck HOW (mention client's real age), and you are ready to come back to a wide-awake, fully alert state...

IN count from one to five... When I say the number five, you will open your eyes feeling wide awake, alert, peaceful calm and very happy.

SPEAKING IN PUBLIC

(This prescription has helped annoy people overcome a fear of speaking in public. It has helped numerous people become excellent public speakers. It can be effective in helping anyone become a confident, effective public speaker.)

Repeat these words to yourself now: "I can do anything I want to do... I can achieve any goal I want to achieve... I can feel good standing up and talking to other people... I am capable of being a really good public speaker..."

In the past you have experienced some emotions when you have been speaking to an audience... You are realizing that emotions can be a hindrance or they can be beneficial...

From now on, when you are in front of an audience, or in front of a group and you are required to speak, you will realize that the inner feelings you experience are your own natural energy that is available for you to use... That energy enables you to be calm and relaxed and feel completely at ease in front of any audience or group of people...

You can achieve any goal you decide to achieve. With that realization you are becoming a successful public speaker...

You are permitting your own inborn sensing ability to enable you to do the right thing at the right time, and to say the right thing at the right time...

At all times you speak clearly, distinctly, calmly and effectively... You always speak in a way that people enjoy... At all times you speak in a way that people can easily understand you...

When you are speaking to a group of people or in front of an audience, you can always think clearly... Your thoughts will always be well organized, and you will say what you have to say easily in a way that gets your point across clearly...

You are an effective speaker... You are a good speaker... When you are speaking in front of an audience, you will always have your material prepared ahead of time, and you will go over the material in your mind... You will be well prepared when you get up to speak to an audience.

I want you to use your imagination now... Imagine that you are getting up in front of an audience to speak... See yourself standing there, calmly looking at your audience, feeling that this is an enjoyable and wonderful experience... See yourself talking calmly to the audience; speaking clearly, getting each point across to your audience in a simple, direct way...

See yourself, as you are speaking to the people, loving them and really desiring to share with them what you have to say... See yourself helping your audience learn and grow...

Now see yourself concluding your talk, thanking the audience for the opportunity to share with them and be with them...

Picture yourself after the talk, with smiling people coming to you and thanking you... The people are telling you how much they enjoyed and learned from your talk...

As you see them shaking your hand, you realize that you did a really good job... You are thankful for the experience... You are grateful that you were able to share with others and help them by speaking to them from your experience and knowledge...

You are realizing that you are a good speaker... You are a very effective speaker... Each day your self-confidence, self-acceptance, and self-reliance keep increasing... Each day you continue improving in your ability to easily and calmly speak to any group or audience.

YOU ARE SPECIAL

Jim was a boy I knew when I was in school... Jim always wanted to be special... He was in the third grade, the same grade I was in... His best friend was a big, strong, tall boy named Charley... Jim was always wishing he could be big, strong and tall like Charley, because Charley could throw a football real far, and when he played baseball and hit the ball, he could really hit it a long way...

Maybe you have wondered at times about being taller, like someone you knew, or bigger or stronger like someone else...

Many times, when Jim was in class, he would think of how he would like to be as smart as Billy, because every time the teacher asked a question, Billy always seemed to know the answer... Many times Jim Whiled know the answer, but he was afraid to raise his hand like Billy did and as you are sitting here, you may be thinking what it's like for you when the teacher asks a question...

When Jim was on the playground at recess, he noticed how fast Patty could run... She was the fastest nannie in the class. Jim wished he could run as fast as Patty...

Jane was very small; she was the smallest girl in the class... She had lots of friends... Everyone seemed to be very kind and gentle to her because she was so small... Every once in a while Jim found himself wishing he could be small like Jane so everyone would be kind and gentle to him... Jim felt like he was just an ordinary guy... He was always wishing he could be different and be able to do something very special... One day in class the teacher said that everyone is special in some way... Then she said, "You need to take time to stop and think how you are special..." Then she handed out the report cards... Jim looked at his and noticed that he had average grades, nothing really high and nothing really low.

The third grade class was getting ready to do a spring concert, and Jim noticed that Jane was put in front of the class and Mike, who had a good speaking voice, was given a speaking part... And Charley, who was big and tall, was going to carry a flag because everybody would be able to see him... Stacey and Brett were going to sing a duet because they had nice singing voices, and sang real well together...

Jim was just going to be a part of the group... He wasn't given anything special to do... As he was standing there, he was thinking about all the special things others were given to do, and he thought how wonderful it would be if he could do something special...

Then something happened... He was reading a book his uncle had given him called *The Phantom Tollbooth* by Norton Jester... He was reading the story about a young boy named Mylo who received a magical toll-booth as a gift and he noticed that when Mylo would go through the toll-booth, he would find himself in the land beyond... Throughout his travels in this great land, he was joined by Humbug and a watchdog named Toc... In one of the chapters Mylo discovered he was lost... As he wandered around with Humbug and Toc, they came to a small house...

On one of the doors to the small house was a sign that had the words, "The Giant." Mylo said, "Wow, a giant, I wonder if the giant can tell us if we're lost..." So they knocked on the door and a man opened the door but he was not a giant... He was sort of an ordinary-sized man... Mylo asked, "Are you a giant?" The man answered, "Yes, I'm the smallest giant in the world..." Mylo asked, "Are we lost?" The giant said, "I think you should go next door and ask the midget..." So Mylo went next door and knocked on the door... A man came to the door and he looked very much like the giant looked... In fact, he looked like the same man... They looked enough alike to be twins... Mylo asked, "Are you the midget?" The man answered, "Yes, I'm the tallest midget in the world... So Mylo asked, "Are we lost?" The midget said, "I don't know the answer to that question... I think you should ask the fat man next door... So they went next door and knocked, and the same man answered the door... Mylo asked, "Are you the fat

man?" "Yes," the man answered... "I'm the thinnest fat man in the world..." "Are we lost?" Mylo asked again... "I don't know..." said the fat man... "If you go to the back and ask the thin man, he may know," So Mylo went to the back door and knocked on the door marked, "The thin man." Guess what; when he came to the door, it was the same man... Mylo asked, "Are you the thin man?" The man answered, "Yes, I'm the fattest thin man in the world..." Mylo said, "I think you are all the same man..." The man responded, "Well, I always thought of myself as an ordinary man... I like to feel special, so I can be the fattest thin man, or the thinnest fat man, or the tallest midget, or the shortest giant... I can be whatever I think I am... All I have to do is imagine what I want to be and I become what I imagine myself to be..."

As Jim read the story, he thought about it and somehow the idea remained in his mind... On the night of the spring concert, when everyone was running around in costume, and Stacey and Brett were practicing for their duet, and Jane was getting prepared to be the smallest person in the concert, and Jim was walking down the hall; Jim heard someone crying... He stopped and peeked in the room and noticed it was Charley, who he had always wanted to be like... He asked Charley, "What's wrong?" You've probably seen someone crying and wondered what you could do to help, and that's what happened to Jim...

Charley was crying, and he said, "I wish I wasn't the tallest, biggest, strongest boy in the class... I wish I could be like you,

Jim... I wish I could be your size... Sometimes it hard to be the biggest boy in the class..." Jim looked at Charley and said, "Hey Charley, you can be the tallest short boy in the class..." Charley smiled. Jim said, "Come on, you've got to get that flag," Charley said, "Yea, okay..." And they went to the spring concert... After that, Jim thought of himself as someone very special... He said to himself, "I can be very special... I can be whatever I want to be."

ELIMINATING STRESS

I would like for you to take just a few more minutes to increase your comfort even more... You can continue becoming even more relaxed and comfortable just by thinking of some of the times, some of the places and some of the situations you have been in where you felt so comfortable that nothing else mattered except that comfort... Let your subconscious mind recall one of those situations in which you experienced a sense of total physical and mental comfort...

You can hear the pleasant soothing sounds in the background as you re-experience all the sensations, the feelings, and peacefulness that goes with the joy and comfort you are experiencing... Notice that profound feeling of relaxation throughout your entire body... You may even notice the part of your body that needed the relaxation most... You are re-experiencing it and noticing the feeling of every nerve in that part of your body becoming relaxed and steady... You may be wondering if that relaxation is going to move from your feet up through your body, or is it going to move from the top of your head down through your body,, or are you just going to continue feeling it in every part of your body continuously?

As soon as you experience that relaxation and comfort moving through your entire body, it can keep becoming more

automatic so you won't even need to think about it consciously anymore.., You can just let yourself become a part of that relaxation as it becomes a natural part of you...

You will be pleased to discover that you don't need to consciously listen to me, because the unconscious levels of your mind are hearing and receiving everything I tell you and your mind is responding in its own comfortable way... You can really enjoy whatever you are experiencing... All levels of your mind are cooperating to enable you to go into just as deep a hypnotic state as you need, to accomplish whatever it is your mind feels is important for you to achieve right now.

You can continue to rest comfortably, knowing that you can depend on the unconscious levels of your mind to do what needs to be done to enable you to live a happier, healthier, more peaceful life...

You can experience with each of your senses, a calmness moving all through your body and into every fibre of your being... You are becoming more aware of your own inner resources... You are experiencing a lot of joy in discovering what you can do to make use of your talents and skills to help yourself, as well as help other people.

It only takes a moment of time to notice something beautiful... As you keep noticing more and more of the beauty and good things in life around you, you will soon be seeing beauty everywhere... You will keep realizing more each day that the world is an exciting place... Most of the people in it are overflowing with love...

Get a picture in your mind of a child hurriedly going into a warm kitchen and asking mom, "Is it soup yet?" That is an advertisement that I have seen several times... It is typical of a child... Children often "can hardly wait" for something good to happen... Many adults are that way also... However you are realizing that it takes time for good things to develop... We walk out into a field and see grass... We see cattle eating that grass, and the dairy farmer realizes that the grass soon becomes milk... It just takes a little time... Patience is important... True patience is the art of doing something else while good things in life are developing...

For the next few minutes, allow yourself to continue relaxing, as the unconscious level of your mind is busy resolving that problem perfectly... When your mind has completed doing what it needs to do at this time to resolve that problem perfectly, and knows that changes have stood and you will be completely free from that problem, for now and forever, your unconscious mind will cause one of the fingers on your

(right/left) hand to raise up toward the ceiling... Your finger will remain up until I tell it to go back down.

Later, when I give you suggestions to awaken from the hypnotic state, you will open your eyes feeling happy, healthy, confident and strong... You will feel much better both mentally and physically... You are in control of your life... Each day you become more aware of greater joy and happiness in all areas of your being.

RECOGNIZING YOUR OWN GOODNESS

Each time you exhale, the calmness and tranquillity keeps increasing.. That peaceful, calm feeling is spreading from the top of your head to the tips of your toes...You can feel like your entire body immersed in calmness... As that continues, a wonderful serenity is coming over your complete body, putting your mind and body in harmony... Your mind is creating a special state of harmony, and peace, and serenity...

As you continue listening to me, you are becoming aware of the fact that there is a part of your inner mind that is logical and rational... The unconscious levels of your mind can all cooperate and understand so clearly and so reasonably that it can guide you wisely in all decisions you need to make...

The capabilities of the inner levels of your mind have always been with you, ever since your soul came into existence... Your mind has helped you in the past, and will continue to help you in the future...

Some people refer to that part of your mind as your inner guide or your inner adviser... Others call it your guardian angel... Some people refer to it as your higher self...

Regardless of the name you call it, it has the special function of guiding you from within... It protects you and works out solutions to problems... That part of your mind helps you develop confidence in yourself... That level of your mind has its own way of helping you learn the difference between the past and the present... It allows you to remember what you need to remember about the past, and store away information that your mind feels is unimportant at the present time...

However, once you do remember, you understand that you do not need to be what those unpleasant past memories represent... Your inner mind recognizes that you can be free from the past... You can live a much happier, more enjoyable life now and in the future... You can be aware of the fact that every day, in every way, you keep getting better, physically, mentally, emotionally and spiritually...

You continue becoming stronger, wiser and healthier... Your understanding of life continues improving... You realize more and more that you are fulfilling God's purpose in your own special way...

You continue to achieve outstanding accomplishments, and at the same time, you achieve a very special balance between your chosen occupation and all other areas of your life... You

develop a special balance between your time for work and your time for recreation...

By doing that you learn to accept yourself as a really good person... You respect your thinking, your feelings, your emotions, and you develop a sense of pride and self-worth...

As you continue to advance and progress, you keep developing greater- confidence in yourself... You view yourself in a positive way... You have confidence in your talents, your skills, your attitudes and your abilities...

As I continue talking to you, there may be times when it seems like my voice is a long distance away... There may also be times when I'm talking to you while you are hypnotized that you are not consciously aware of what I'm saying... That is okay... The unconscious levels of your mind will hear and receive everything I say and will make it true... Your inner mind will continue to guide you like an internal coach... Even when you are asleep at night your mind will be working, causing your mental abilities, your physical abilities and your creative abilities to keep emerging more and more... This will continue on a daily basis from now on for the rest of your life...

Before you awaken from the hypnotic state I want you to repeat what I say me more confidence I develop, the more successful I become... My confidence keeps increasing each day... I am confident that I will achieve my goals...

I really appreciate and enjoy being alive... I keep progressing more each day... I am at peace with myself and with the world... Each day I become happier, more joyous and more cheerful...

Each day my body becomes healthier and stronger... Day by day I feel more alive and more energetic...

My mind and body are relaxed, calm, and more at peace with the universe...

Each day my mind becomes clearer, more alert, and my memory keeps improving... I have the ability to make wise, well-thought-out decisions... I have the ability to organize my time and energy and always put everything into a proper perspective... I move ahead with confidences * knowing that each decision I make is the right one... I know what to do and I do it."

PREPARATION FOR SURGERY

As I continue talking to you, you can listen to the soothing sounds coming from the tape player, and without noticing it other sounds and noises, other thoughts and feelings fade away... You automatically keep drifting into a deeper, more calm, more relaxed state...

As you continue becoming more calm and peaceful, the subconscious and unconscious levels of your mind is
Concentrating on each word I say... You can automatically make each suggestion a part of your life...

You are continuing to let yourself move into a deeper, more peaceful, more comfortable state of hypnosis... You can move into the most pleasant, deepest, calmest state you have ever experienced... You can let this relaxed condition and attitude permeate every cell of your body... You can let this peacefulness penetrate every fibre of your being... So that everything you do is done in a calm, relaxed, comfortable and serene way...

I want you to go deeply into a hypnotic state... Not necessarily deeply as you consciously understand it, but deeply as the unconscious level of your mind can understand... It will be interesting to you to consciously discover many things that the

unconscious level of your mind already knows and is willing to share with you...

You can notice especially that your attitude toward surgery is becoming relaxed and at ease... Each night when you go to bed for the purpose of sleeping, you will easily drift into a deep, peaceful, calm, comfortable state of sleep... You will sleep comfortably and calmly through the night...

The night before surgery is performed, you can be relaxed and comfortable, calm, confident and secure in every way with regards to the surgery...

During surgery you can feel comfortably secure and serene,, completely safe and at ease in every way... You maintain dry and healthy skin all around the opening the surgeon makes... You can easily control your blood vessels so the opening in your skin stays dry during surgery... You realize that remaining dry where the surgeon opens your skin, pennies the surgeon to work easily, smoothly and skilfully...

Your mind will be receptive only to pleasant thoughts, feelings, ideas or emotions expressed in your presence before, during and after surgery... During the time you are experiencing the aesthetic, you remain relaxed, calm and comfortable... Your mind will receive only pleasant thoughts,

ideas and emotions that are expressed in your presence... The anaesthesia you receive is administered carefully and safely, and the surgery is performed very skilfully...

You have selected a surgeon that you have confidence in, therefore you are confident that everything will go smoothly and easily... When you awaken, after the surgery has been completed, you will feel comfortable... You will feel as though you have awakened from a very peaceful, refreshing, health restoring sleep...

You have comfortable, easy and regular bowel movements... You have normal and regular urination... You experience normal hunger... You feel vigorous, full of life, energy and vitality...

You have healthy skin that heals rapidly and normally after the surgery has been completed... Your entire healing process functions naturally and normally... Your body heals comfortably and perfectly...

Your body has perfect rejuvenation energies... You will be up and around soon and you will be excited about participating in all of your normal activities...

When you awaken after surgery, you will be in the safest place for you to be where all of your needs are taken care of... You will awaken from surgery feeling confident and completely at ease... You will be aware of feeling comfortable and at ease... You will have lots of energy and vitality... You will feel calm, relaxed and rested at all times...

As you continue to relax comfortably now, you realize that all of these suggestions are completely and totally effective, and are used by you throughout your life at any time you need them...

You continue becoming more confident... You continue feeling calm and serene... You feel safe and secure, knowing that these suggestions are in the storehouse of your mind, and they are available for you to use whenever you need them... The suggestions I have told you are thoroughly effective... They are always automatically available to you at any time you need them...

You are getting ready to back to a wide awake, fully alert state now... I want you to feel confident that you will respond to the suggestions I have told you, so I will begin counting for you to awaken from the hypnotic state in a moment.

PHOBIA TREATMENT

There was a little boy who as very rich... He was so rich that he had a big, huge, special room just for his any and treasures, and he would go to that special room every day...

You would think that he would be a very happy boy, having so many toys and treasures... However, the boy was actually very sad because even though he had many beautiful toys and many treasures, there was one the in that ruined everything for him...

Sitting over in the comer of the room, behind all the toys and treasures so it could barely be seen, sat a large, green dragon... That dragon seemed to be watching the little boy all the time... It never took it eyes off the little boy and that would spoil the boy's fun,,, because he was afraid of the dragon...

He would even have dreams about the dragon rushing up to him and throwing him down and trying to kill him, and every night he would wake up screaming...

He never could explain to anyone about his nightmare because he was afraid that the green dragon would get him if he told... So the little boy kept feeling more and more

unhappy... In fact he was so unhappy that sometimes he would dance and play very hard... He would laugh loudly and talk and talk, and talk, thinking it would make him forget about the dragon in the corner.

Yet it made no difference how loud he laughed how hard he played or how much he talked, when he stopped, he would look in the corner and there would be the green dragon still staring at him... The little boy would sit down feeling dejected and fearful... His fun would be spoiled again...

This problem continued on for a long time... Each day the little boy would begin playing with his toys, trying to enjoy himself and forget about the green dragon, and each day he would end up sitting there feeling sad with tears running down his face...

One day, a friend came to visit the boy... The friend was another boy his same age and his same size... The visitor looked around the room really amazed at all the wonderful toys and treasures... He ran around picking up one toy after another, overjoyed at all the toys to play with... The little rich boy felt anxious and worried... He kept looking over at the green dragon... He did not join his friend's fun and enthusiasm.. Suddenly his friend ran over to the green dragon and started to sit on it like sitting on a rocking horse, and the

rich little boy yelled fearfully, 'NO, NO, don't do that...' and he friend ask, "Why not?" "Oh," said the rich little boy, "He's a fierce and wicked dragon... He will harm you because I know... He tries to harm me... I'm terribly afraid of him..."

His friend laughed, and said, "Look at this..." He turned the dragon so the rich little boy could see the back... There on the back of the dragon was a long, shiny zipper...

The little boy didn't know what to think of that... He looked more closely, still trembling with fear... His friend asked, "Do you want to see?" The rich little boy said, "I'm not sure." His friend laughed and unzipped the back of the dragon... The dragon's green suit fell down, and guesses what was in there? Another little boy! The little boy that came out of the dragon suit laughed, and said, "I have enjoyed being a dragon until I was finally discovered... All this time, I have been sitting here, making you fearful and afraid..,"

The rich little boy said, "That was very mean of you... Why did you do? That "Oh" said the new little boy, "I did it because it was fun... You had so many toys and treasures... If you hadn't had a dragon you would not have known how lucky you are!" "That's crazy..." said the rich little boy, stamping his foot... "That was mean of you to pretend to be a

dragon, and zip yourself up in that dragon suit... All the time you were just another little boy like me..."

Then the three boys became good friends and began laughing and playing together... Guess what they did? They began taking turns zipping themselves up in the dragon suit and playfully pretending to scare each other... They pretended to be afraid of the dragon, and they were all laughing and having a lot of fun...

Finally the rich little boy clapped his hands and said, "Now we can have lots of fun and play with all of my toys and treasures..." And so they did, but the thing they enjoy most was playing dragon...

Now the rich little boy was happy, and he enjoyed playing with all his toys and treasures and sharing them with his friends...

Soon word spread around the neighbourhood, and more little boys and girls came to play with all the wonderful toys and treasures.

FINDING LOST OBJECTS

(hypnosis can help ease a person's anxiety about lost and misplaced objects. It can also help speed up the process of locating the missing objects, if the information of where the objects are located is in the person's mind.)

Continue relaxing easily and gently now, you are listening only to my words as other sounds and noises keep fading away more and more... You're not trying to think of anything in particular... There may be brief moments when you have other thoughts in your mind in addition to what I am saying but they will soon fade away, and you will be hearing and receiving what I tell you...

Imagine yourself in a cool, quiet place now, resting gently in a recliner... In just a moment you will experience a feeling of floating away, as though a gentle fluffy, white cloud is moving under your body and lifting you up easily and gently...

You can experience the feeling of floating away... You are moving out beyond space and time... Your mind and body are

relaxing peacefully and comfortably... You are moving slowly to the place where you last had game the missing object)...

I'm going to count from five down to one... When I reach the count of one, you will be at the place where you last had (Name the missing object). You will see yourself finding it... You are finding it right where you left it, or where someone else placed it...

All that is important to your mind now is that you reunite yourself with (Name the missing object)... See it right where it was placed... Feel it back in your possession... Sense that you already have it... Take your time now, and when I reach the count of one, you will be at the place where you last had pain are missing object)... Five... You are moving town it now... Four... You are feeling very happy about locating it... Three... You are moving closer and closer to the place where it is located... Two... When I say the next number, you will be there... You will see it and sense it clearly and vividly.... One... As soon as you see < the missing object), tell me where you found it...

(If the client docks not locate it, continue as following :)

You are moving aside now, and you will be responding as though you are merely observing what is happening...

You are going back in time to the day the (Name of missing object) was misplaced... You are going to a period of time 30 minutes before the (Name of missing object) WAS IRIS placed... It is easy and very enjoyable for you to do this... Reliving an experience is always interesting and enjoyable... You are slowly moving back in time to a period 30 minutes before (Name of missing object) was misplaced... You are retracing your actions... You are in a deep level of relaxation... You are moving to a higher level of awareness... it is easy for you to experience what I'm telling you...

Take your time now... You have plenty of time... You have all the time you need... You are slowly reliving the events beginning 30 minutes before (Name missing object) was misplaced...

You are understanding that some people see a memory... Some people hear a memory... Others sense a memory... Some are able to relive the memory, as though it's actually happening to them...

The only thing that's important now is for you to enjoy recalling or reliving what happened 30 minutes before game (missing object) was misplaced...

You will soon be moving up to the time when you will see what you did with (Name the missing object}.

You are recalling what you did with (Name the missing object...Your mind is focusing in on the exact scene and activity... It keeps becoming more vivid and clear and more real...

A short time after you awaken from the hypnotic state, you will be able to go and recover (Name the missing object).

You will be amazed to find that (Name the missing object) will not be in the first place you look for it... You will find it in the second place you look for it... You will find it and you will be very happy and pleased with your success... You will be grateful to have found (Name the missing object)...

When we conclude this session, you will be very happy to enjoy the pleasure of locating (name the missing object)... You have given the unconscious levels of your mind the opportunity to reveal where name the missing object is located and now you are going to enjoy the pleasure of recovering it... In a moment we will be concluding this

session and you will be back in a wide awake, fully alert state, feeling calm, confident and happy.

ENDING A RELATIONSHIP

(We experience many relationships during c lifetime. 3'be relationships we experience enable us to learn and to grow. Sometimes we love and trust a certain person, and we expect the relationship to last forever. However, something may occur that causes the relationship to end. Some of the people who have met our needs in the past may not meet our need now. Therefore we learn to adjust to the events of life.

The suggestions that follow are designed to help a person adjust to the ending of c relationship. This session will help open the door to new opportunities, new excitement, new places to go, different things to do and new people to meet.)

Sometimes people come into our lives to serve a particular purpose... While they are with us, we can enjoy their company... When the time comes for them to leave us, even though we may be disappointed, and we may miss being with them, we can still keep happy memories of the time we were with them...

We realize that time changes things... Life goes on, with new excitement, new relationships, and all kinds of wonderful

experiences to enjoy, places to go, things to do and new people for us to meet...

Life can be compared to a stage show... The curtain goes down to end one scene, and when the curtain rises again, the entire scene has been changed...

In your life, the scene is now different... An old scene has ended and a new scene is beginning... You will probably find the new scene full of joy and excitement that you can't even imagine, as you discover it is full of new experiences for you to enjoy...

You will discover that you will think of (him/her) less and less, and on those rare occasions when you do have memories they will be pleasant... You will be happy that you had the experience with (him/her) and will be thankful for what you learned from it... Now that it is over, you are looking forward to new experiences you will be enjoying...

Sooner or later something new and very exciting is going to happen... You will be making a new acquaintance... You will find that (he/she) will be occupying more of your time and thoughts...

You will find that your thoughts of the past relationship will soon fade and you will be thinking more and more of this new and special person who will bring you enjoyable, happy feelings... You are realizing more and more just how wonderful new experiences can be...

The old acquaintance has ended, and the curtain is lifting on new and even more enjoyable experiences for you to share... You have earned the right to experience a new and better relationship...

Think of your life now, all fresh and new... You will enjoy each day fully... You have learned from your past, and you are looking forward to more wonderful, more enjoyable experiences than you have ever had before.

FREE FROM PROCRASTINATION

Scientists tell us that we all have at least twenty to thirty times more physical and mental ability than we normally use... That means you are capable of being twenty times more successful than you have been in the past...

The way to attain the achievements you are capable of attaining is by putting your talents, your skills and your abilities into action... It's comparable to building a brick house; you build that house brick by brick... Every time you add another brick to the house, you keep moving closer to achieving your goal... You build a successful, happy, prosperous life by adding daily attainments, by doing something each day that enables you to keep moving you closer to your goals...

You are going to find that beginning today, you continue becoming more success conscious, and you are realizing that there is nothing and no one who can keep you from being the successful person you are capable of being... Beginning today, you expect to succeed... You know you are capable of succeeding, so your enthusiasm and confidence are increasing rapidly...

The unconscious level of your mind is reviewing, examining and exploring the information that has gone into your mind that has been causing you to delay doing work and other activities that need to be done...

When the unconscious level of your mind understands what has been causing that problem, and realizes there is no good reason for having that problem, and knows that changes have started, and from now on you will get your work done, and get other activities done when it needs to be done, the unconscious level of your mind will cause one of the ringers on your (Rim/1eR) hand to raise up toward the ceiling, and your finger will remain up until I tell it to go back down...

After this session has concluded, you will even find yourself getting your work and other activities done ahead of time.

You are in the process of developing new attitudes... You are developing a sense of pride in the fact that you are taking control of your life... From now on you will have all of your work and other activities so well organized that it will be easy and natural for you to get it done... You will feel a great sense of accomplishment as you get your responsibilities taken care of by the time it is needed, or even before it needs to be done..

You feel a sense of urgency to complete and succeed at those things that need to be done... You realize the importance of taking care of even unpleasant tasks... You will do those tasks that you used to think of as unpleasant and you will discover that they keep becoming more enjoyable... You will do them just as efficiently and as quickly as you do other jobs you really enjoy... Doing this will enable you to be the successful person you are capable of being...

You will keep feeling a greater sense of satisfaction as you accomplish more each day. . You are an honest person, and you are a good person... You take upon yourself the responsibility of achieving your own goals... You will find yourself continuing to progress in all areas of your life.,

Every day your work gets easier to accomplish... You continue finding more enjoyment in achieving your goals... You complete your tasks easily and comfortably, and you have confidence in your abilities as you proceed with each job... You know you can get each job done efficiently and properly... You know you will succeed... You do your best in everything you set out to do, and you will find your work keeps becoming more enjoyable. You keep accomplishing it more easily and effortlessly...

You will enjoy the good feelings that come to you from your accomplishments day after day... You will be proud to notice that you are accomplishing more than you ever believed possible... That realization will increase your confidence and will make you even more determined to achieve more and more goals.

You will look forward to your work... You will enjoy having the opportunity to show that you can achieve any job you are required to do... You will find joy in taking action as soon as you have the responsibility to do so... Your new motto is "Do it now ... Get it done..."

Your creative ability will enable you to think of the best way and the most efficient way to get each job done... You are rapidly becoming a successful doer of your work... You know that the way to get things resolved is to take immediate action, and that is what you will do from now on...

Each task you finish will give you a feeling of satisfaction and accomplishment... You will be proud that you keep becoming more and more successful...

WORK SUCCESS

You will continue relaxing now... Your conscious awareness can keep narrowing down... The unconscious level of your mind will be receiving the suggestions, the guidance and the instructions I'm telling you...

From now on, you will look forward to doing your work... Your work will keep becoming more enjoyable and more exciting... You will handle every situation that comes up in your work in a relaxed, calm and logical way...

During your working hours you will be able to make decisions easily and wisely... You will always be able to think clearly, and be relaxed and calm in every situation...

Your self-confidence and self-reliance keep increasing, enabling you to make decisions at work wisely and confidently... You will have confidence in every decision you make...

Your concentration keeps improving more each day, enabling you to do your work more perfectly... You will anticipate great success in your work, and will find that your energy and enthusiasm for your work continue becoming stronger...

You will radiate a very pleasant personality, and you will find your talents, skills and abilities continuing to increase... That helps you to continue doing a better job... Your interest in your work and your knowledge about your work keep increasing...

The unconscious level of your mind will cause your creative abilities to keep emerging, enabling you to come up with ideas that you will put into your own actions in your work... You will always perform to the best of your ability, and you will keep becoming more successful in doing the work of your choice...

Your success keeps increasing... You enjoy achieving greater and greater success... One of the abilities that keep increasing your success is managing your time efficiently... You plan your time wisely... You plan your projects wisely... You use wisdom and logic in putting your plans and projects into action... You get tremendous pleasure in seeing them completed successfully...

You are always sincere and honest in doing your work, knowing that it will bring you great rewards and will enable you to achieve outstanding accomplishments...

You have outstanding capabilities... You have the talents, skills and abilities you need to be an exceptional success... Your creative mind will help you make wise decision that enables you to make the very best use of your talents, skills and abilities...

You remain relaxed and calm as you go about your daily activities... You are in control of all areas of your life... Every day you will notice yourself becoming more successful...

You are an excellent worker, and you have pride in your work... You get great pleasure in continuing to improve in everything you do... Your confidence keeps increasing and your happiness continues increasing as you become more successful in your work and all of your other activities.

ABILITY TO FORGIVE

It seems like almost every place my wife and I go, we keep meeting people that we have met before, or people that we have something in common with... Nearly every time this happens, my wife says, "It's sure a small world."

Most of us have met people that we knew many years ago, and many of us have made the same statement, "It is sure a small world."

Not long ago I met Russell, a boy that had been in my high school gym class... I didn't recognize him, and he didn't recognize me, yet after we talked a little while, we discovered that we had known each other many, many years ago...

He wasn't very athletic when he was in high school... In fact, he used to use any excuse he could come up with to skip gym class...

He was a nice guy... Actually he might have been too nice... He used to write poems, and some of the students would make fun of him for his poems... Bill used to pick on him the most...

A lot of psychotherapists have the theory that people who find something in others that they just can't stand actually feel that way because it is revealing something that is characteristic of themselves... If that is true, then Bill sure hated the poet in himself...

Russell used to talk to other students in gym class about the foods he cooked... I thought, he sure must be a sissy to like to cook foods... That must have been one of my own hidden characteristics at that time, because I enjoy cooking now.

I wonder how many other guys in the gym class that used to make fun of Russell now like to write poems and cook, and do some of the other things they used to laugh at when Russell talked about doing them?

Anyone who hears this story probably makes up their own mind about Russell and Bill in some way...

In our gym class, I saw many different kind of characteristics... I saw Russell and the characteristics that I thought made him a sissy... I saw Bill constantly making fun of Russell and pushing him around... I remember thinking that it was really unfair for Bill to always be picking on Russell...

I never did see Bill or Russell in any of my other classes... I had forgotten about them entirely until I ran into Russell not very long ago...

Anyone who hears this story probably makes up their own mind about

Russell and Bill in some way...

In our gym class, I saw many different kind of characteristics... I saw Russell and the characteristics that I thought made him a sissy... I saw Bill constantly making fun of Russell and pushing him around... I remember thinking that it was really unfair for Bill to always be picking on Russell...

I never did see Bill or Russell in any of my other classes... I had forgotten about them entirely until I ran into Russell not very long ago...

As I was talking to Russell, the subject of the class came up, and I remembered Bill... I asked Russell if he remembered Bill... He said yes, he sees Bill every day... That surprised me... Russell then mentioned that he teaches psychology at the local university and Bill is one of the students in his class... I thought, well the bully finally decided to get a higher education... I asked Russell if it was difficult to teach

someone who used to pick on him years ago... He said, it was his job to teach whoever came into his class, and he discovered that Bill had a lot of talent and learned quite rapidly...

I thought it was really great of Russell to completely forgive Bill for all those years of picking on him... Whether Russell really did forgive Bill consciously or unconsciously... Well that doesn't really matter... What is important is that Russell holds no grudge at all, and recognizes Bill as a talented person.

OVERCOMING THE GAMBLING HABIT

Many years ago, when I was in grade school, there was one boy who was always causing trouble for everybody on the playground... He would hit some of the kids, and then say, they started it... He would ruin games that kids were playing... When some of the boys were playing football, he would run in, grab the football and run away with it... When girls were jumping rope, he would run through and stop the rope... Many, many times he was sent into the principle office... He was made to stand in the corner... He was kept in after school... It seemed that the more they punished him, the more trouble he would cause... Yet, that isn't the reason this story is called "Dan and the Magic Mirror."

I talked to Dan one day and asked him if he would be my friend... I told him I did not know many kids at that school because I had just recently moved into town, and I needed someone to be my friend..." He said, "Yes, he would be my friend..." We talked a couple of minutes and he ran over to where some girls were jumping rope and he grabbed the rope from one of the girls... I yelled, "Dan, come here a minute..." He let the rope go and came over to where I was, by the steps in back of the school... I asked him why he grabbed the rope when the girls were trying to jump... He said, "Recess is for having fun, and I was just having fun..." I said, "Is recess only for you to have fun, or is it for all of us to have fun?" He said,

"It's for everyone to have fun, but he has to do things like that to show everyone he is tough and strong..." 1 said, "You don't have to pick on girls and little kids to show that you are tough and strong..." Then 1 said, "I bet if you went through the entire recess without pushing someone, and without causing any trouble, that would show everyone you were big and strong enough to leave other kids play whatever they wanted to play..."

Then I asked Dan if he wanted to play catch. . He said, "Yes," So I told him I'd be back in a minute, and I ran to get my ball... When I got back, Dan was sitting on the steps waiting... We played catch until recess was over...

As we walked back in to our third grade class room, I asked Dan if he enjoyed recess... He said, "Yes, and I went through the whole recess without getting sent to the principle office..." I said, "I bet you can have just as much fun tomorrow without getting into any trouble..." He said, "If you will be my friend tomorrow, I'll try." I told him I wanted to be his friend all the time... He smiled and went to his seat...

Dan and I kept playing together at recess each day, and in a few days we were both playing football and other games with some of the other kids...

One day, Dan and I were standing on the playground talking, and two of the boys were chasing each other... One of the boys was looking back at the boy chasing him, and he ran into Dan, knocking Dan down... For just a moment. Dan had an angry look on his face as he got up... Then he smiled and asked the other boy if he got hurt... The boy said, "No." Dan said, "That's good," and he turned and began talking to me again... When I saw that happen, I thought how much Dan had changed in just a couple of weeks... It was almost like the school had a new Dan... Even his grades began improving, and one day the teacher called Dan to the front of the room, showing the entire class his paper... He had made a perfect score in arithmetic... He smiled as she handed the paper back to him, and he walked proudly back to his desk...

Within a couple of months, Dan was one of the most popular boys in the class... He was enjoying himself and was having fun...

One day, Dan came to me and said, "I want to thank you for becoming my friend... Ever since you became my friend, a lot of the other kids started liking me..." I reminded him that the reason they like him is that he is big and strong, and he is now in control of himself... I mentioned the day the boy ran into him, knocking him down... Dan smiled, feeling proud...

I moved away from that town after three years... I wrote to Dan a few times... The last time I heard from Dan he was in college. He sent me an article from the sports page of the newspaper telling of his college winning a football game... It had his picture, and said that he had gained 133 yards in the game and scored two touchdowns...

Dan and I never did see each other again... The last I heard about him, he was managing a small manufacturing plant in Canton, Ohio... Dan can look in the mirror and see a successful person...

By being good one day at a time, Dan found it kept becoming easier, until it was just natural for him to be good... He was a good person, and he knew how to control himself.. He was a successful person...

It is sufficient for you to know that you are a good person... It is good enough for you to know that you are in control of yourself... You do not need to go around devoting a lot of energy proving it to this person, or proving it to that person... It is sufficient that you know that within yourself.

OVERCOMING BAD BREATH

You are realizing that mouth washes only cover up the odour caused by bad breath... However, it does not correct the cause of the problem... The origin of bad breath is possibly from decaying matter between decaying teeth... That can be corrected by getting proper treatment from a dentist who can eliminate the odour as well as preserve the teeth...

Occasionally bad breath results from congestion or infection in the nasal cavity or the sinuses... It can also originate from the respiratory or alimentary tract...

Since the unconscious level of your mind understands what has been causing the problem, your mind is reviewing and examining what has been causing the problem and is working out a pleasant solution, and clearing up the problem in an easy, natural way..,

When that part of your mind that knows what has been causing the problem, has worked out the solution and knows changes have started and you will soon have nice, pleasant, soothing breath, one of the fingers on your (right left) hand will raise up toward the ceiling, and your finger will remain up until I tell it to go back down...

I'm going to be giving you some additional suggestions in just a moment while your inner mind continues reviewing all by itself what has been causing the bad breath... Your mind is solving that problem in a way that meets your needs in a very pleasant way...

When I first met Jack he was confined to a wheelchair and believed that he would never be able to walk again... All he knew the first time he came to me for hypnotherapy was that he had heard I had sessions with other people who had the same illness and that they had been completely healed...

After hypnotizing Jack, I explained that his mind knew what had been causing the problem, and his mind also knew how to work out the solution and restore his body to perfect health.

Many times a simple explanation to a child is enough to get the child's mind to accept it and take care of the problem in a very short time... But Jack was a grown man... He had been experiencing Muscular Dystrophy for about twelve years and it may take a lot of time to convince his mind that he can be healed completely from such a serious problem... However, Jack was determined...

I had him begin repeating to himself, "I can be healthy and strong..." I told him to say it each night just before he went to sleep, and he would keep reinforcing that idea in his mind, and his mind would cause it to happen...

Jack seemed to be quite motivated... Before the session was completed, the index finger on his right hand lifted, indicating that his mind had worked out the solution to the problem...

I had two additional sessions with him, and within three months, he was healed and today he is walking... He works in the office for a large company, and in charge of twelve other employees...

He later told me that when he started repeating "I can be healthy and strong," that he knew he was going to be healed... As he talked, tears started streaming down my cheeks, for I saw that he had achieved his goal and it gave me great joy to realize what he had accomplished..,

Your mind understands that your problem is much simpler, and therefore, your own mind is easily working out the solution in a very pleasant way.

ENLARGING THE PENIS

A person can learn a lot by watching construction workers build a house... I don't know everything that is involved in constructing a house... However I do know that they are constructed differently in different parts of the country... Most homes that are constructed in hurricane areas are constructed with steel beams in the frame, to make them stronger and more capable of withstanding a hurricane... In the northern part of the country, most homes are built with basements... They dig the foundation deep in the soil, and then pour truckloads of cement for the basement floor and walls... Some of the walls are even reinforced with steel bars, to prevent cracking or crumbling... Many parts of the country have water so close to ground level that they merely pour slabs and build the homes on the slabs, or they even have the ground floor of the home built up sometimes as much as ten feet above ground level to keep water out when the water level rises...

As you are continuing to move into a more peaceful, more calm state of hypnosis, your mind is realizing that the male penis is comparable to a home in that each person's penis is different from all others... Some penises are short and thick, some are long and slender, some are short and slender, and some are long and thick... Regardless of the size of the penis, most men feel that their penis is too small... Most men have not seen the penis of very many other men... They have not

been able to observe many penises closely, yet they still feel that their penis is too small...

Possibly as a child they saw their father's penis, and it appeared large to them because they were comparing it with their own, which had not reached full growth at that time... However, since you feel that you want your penis to be larger, you have a right to make that decision... The subconscious and unconscious levels of your mind know what to do to cause your penis to grow larger...

An important key, first of all, is for you to decide how large you want your penis to be... So decide now whether you want your penis to be one, two or three inches longer than it is now... Also I want you to decide whether you want it a quarter of an inch thicker, or a half inch thicker than it is now...

I want you to use your imagination now and think of your penis the way you want your penis to be... Continue doing that for a few moments as I'm talking to you... There may be times when I'm talking to you and it may seem like my voice is a long distance away... There may be other times when I'm talking to you when you will not be aware of my voice... That is okay, because the subconscious and unconscious levels of your mind will hear and receive everything I say, and your mind will cause it to happen in an easy, natural way...

You have probably heard the story of Alice in Wonderland... You may remember that when she saw that bottle that said on the label, "Drink me." When she drank what was in that bottle, she got larger, then smaller... You will find it interesting to notice that as you continue to relax, things are beginning to change for you...

You will probably notice that your left arm is beginning to feel heavier than ever before, and your right arm is feeling so light, it feels like it wants to start lifting up toward the ceiling...

Notice that your left arm is continuing to feel heavier, and without even noticing it your right arm is feeling lighter than a feather... Your right arm is beginning to lift up toward the ceiling... As that continues, I want you to notice your right foot... Notice the feeling of your shoe on your right foot... It may seem that your right foot is feeling bigger and bigger, as your left foot keeps feeling smaller and smaller... Be aware of the changes you are experiencing in your feet as your right hand and arm keep lifting up toward the ceiling...

Things are changing, readjusting... It is comparable to the way trees keep adjusting... Many trees shed their leaves during the fall and winter months, only to have them bloom again in the

spring and summer... The trees continue growing... And without noticing it, your penis is beginning to renew its growth pattern.

Your penis is enlarging, and is becoming exactly the way you want it to be... Each night just before you go to sleep, I want you to take a couple minutes to close your eyes and visualize your penis exactly the way you want your penis to be... The subconscious and unconscious levels of your mind will receive this image and will cause your penis to enlarge, just as easily and just as surely as your inner mind caused your hand to become numb when I gave you the suggestion for your hand to become numb...

In a moment, I'm going to count from one to five for you to awaken from the h notice state... You will come up to a wide awake, fully alert state a little more each time I say a number... When I get to the number five, you will be back in a wide awake, fully alert state... Your left hand and arm will be back to its normal feeling and size... Your right hand and arm will be back to its normal feeling and size... Your right foot and your left foot will be back to their normal feeling and size.

(In additional sessions, you can use prescriptions for enlarging breasts. Just change the Suggestion in appropriate places to penis.)

ELIMINATING FEVER BLISTERS

As you are continuing to relax, you are aware that the unconscious level of your own mind is going to help you get rid of the problem of having fever blisters... You are aware that I don't know what has been causing those fever blisters, and therefore, I don't know how to cure them... However there is a part of your mind that's knows what has been causing those fever blisters, and I rows exactly what needs to be done to eliminate them...

You will recognize that I am talking to both your conscious mind and the unconscious levels of your mind... Whether or not I say the right thing is unimportant... The mere fact that you have permitted yourself to be hypnotized, and the fact that you have ask me to help you, lets the unconscious level of your mind know that you are responsive, and you want all levels of your mind to cooperate and solve that problem regardless of what I say or do...

You want the problem to be corrected... How? Certainly not in the way you have been trying to correct it consciously...Nor in the way that I would consciously attempt to correct it... If it could be corrected that way, you would not have the problem...

The way you want it corrected is the way the unconscious levels of your mind know how to correct it... That is in the way the healing energies of your body are being directed toward healing those fever blisters for now and forever. . The unconscious level of your mind is healing those fever blisters in a way that is pleasing to you...

Now you are understanding that I have been talking to you for several minutes, and you realize that I do not need to talk to you constantly because the unconscious level of your mind already understands many more things that you do consciously, and the unconscious level of your mind can work out the solution to that problem in its own way, I'm going to be silent for a period of time now and permit your own mind to review what needs to be done to resolve that problem... (Pause a minute or two.)

We have an idea that we need to think many things, however this is not true... Consider for a moment the speed of nerve impulses, because nerve impulses travel approximately 130,000 miles per second... Knowing this, how long do you guess it takes to think a whole series of thoughts??? You understand that millions of thoughts go through the unconscious levels of your mind in just a few seconds... Therefore the unconscious level of your mind is resolving that problem rapidly... When the unconscious level of your mind knows what has been causing that problem, and knows the problem is resolved and that changes have started so you are getting rid of that problem for now and forever,,, one of the

fingers on your (right/left) hand will raise up toward the ceiling... Your finger will remain up until I tell it to go back down...

I want you to keep in mind the fact that it isn't necessary for you to try to listen to me... The fact that you have permitted yourself to be hypnotized, lets the unconscious level of your mind know you are willing to learn something about the wonderful benefits of hypnosis...

By going into a hypnotic state you are waking use of that part of your mind that knows how to work out the solution to any problem that ever comes up in your life.. With all the background and training you have, you understand that all you need to do is continue relaxing quietly and calmly, and rely on the unconscious level of your own mind to direct and guide you...

I want you to realize that you know enough to do it, so I'm going to remain silent for another period of time while your unconscious mind gets that problem taken care of... (Pause a minute or two.)

Now, in a moment or two we will be concluding this session... You will soon be back in a wide awake, fully alert state, feeling confident and happy... You will feel much better than you did before you were hypnotized... You will feel better both mentally and physically.

ELIMINATING BONE SPURS

As you continue listening to the soothing sounds coming from the tape player, I want you to use your imagination and feel yourself moving into the situation I am describing and you will soon find yourself sitting beside a gentle flowing stream, in the woods, on a beautiful summer day... You may hear the sounds of birds off in the distance... You may be aware of the sun shining through the trees... You can notice the soft scent of the pine trees, and you can hear a gentle breeze in the upper branches of the trees as well as the rippling sound of the stream...

It is very peaceful... As you sit there quietly, you may see a squirrel” occasionally, or a rabbit, or a small deer near the stream, feeding and having an enjoyable time...

Feel your body absorbing the stillness and beauty of this place... Without noticing it, you are continuing to become more relaxed, calmer, and more peaceful and at ease...

Hold on to those peaceful, happy feelings as you are imagining now that you are going forward into the future... You are moving forward in time, and you will soon find yourself four weeks ahead; your weeks ahead of now...

You are trying to remember exactly where those bone spurs used to be... Those bone spurs have faded away so easily and so naturally that you are now having a difficult time remembering exactly where they used to be... You are now looking back to the time when you used to have those bone spurs... It is just a memory in your mind, and your bones and skin are continuing to become healthier and more perfect each day...

Notice how comfortable and relaxed you are... Each day you are able to do your regular activities more easily, more comfortably... You are looking forward to many things you will be doing as you go about your normal daily activities...

Now let that image fade from your mind... Be aware that you are continuing to feel relaxed and at ease... You are preparing to return to your normal, wide awake, fully alert state, feeling confident, happy and comfortable... You are experiencing perfect peace of mind... You are realizing that the unconscious level of your mind is resolving that problem in an easy, natural way...

Feel the blood flowing through your entire system properly... The blood in your body is being pushed along by your pulse...

The blood in your system is carrying with it the chemicals needed to provide the proper healing energy to dissolve those bone spurs and cleanse them out of your body through the natural processes of your elimination system...

You are becoming more conscious of the flow of healthy blood moving through your system... In a moment you will be returning to a fully alert state of consciousness, feeling healthy and confident that the unconscious level of your mind is resolving that problem in a way that is pleasing to you...

FREEDOM FROM SNORING

A young man, I will call John, came to be hypnotized to have me help him build up his body... He was about 23 years of age... He was about 5 feet 9 inches tall, and he weighed less than a hundred-twenty pounds... He was continually being picked on by others, and he did not like losing all of the time...

The very first session, I gave him suggestions to get him started on a weight lifting program and to also enrol in a Karate class.

John did both of his assignments without any question... He started lifting weights, and he enrolled in a Karate class... After he had taken several of the Karate classes, I asked him if he didn't get tossed around a little by some of the others in the class... He said, "Yes, but that's different than getting beat up by some punk on the street.., So he felt that he had sufficient reason for studying Karate...

John was such a good client, that within six months he had gained twenty-five pounds and was already taking part in Karate matches... He had won three out of the four he took part in... He felt quite proud of himself, to be aware of his ability to do that...

In a little more than six months, he had gone from being a skinny young man who was constantly being pushed around by others to being a rather muscular young man who was capable of being in control.

The subconscious and unconscious level of your mind understands that in reality every person is actually in control of himself or herself... You were created by the same Creator that created every other person on this earth... You have been given the same freedom to make your choices, just as every other person has been given the freedom to choose...

Many people do not agree with many things that are written in the Bible... That is their right... They have the freedom to accept or reject what they decide to accept or reject. . However psychological research has proven that the following statements, found in the Bible are true... It says, "As a person thinks in his own mind, so is he... Psychologists, psychiatrists and medical doctors have found that the thoughts in our own mind cause us to become what we are... There is another statement found in Romans, chapter 12, verse 2 that says, "You can be transformed by the renewing of your mind." That statement has also been proven true...

John, who I mentioned a few ago, became transformed by renewing his mind... He developed a different idea of himself in his own mind...

Any time a person is experiencing any kind of problem... That problem can be overcome by renewing the thoughts in the mind...

You want to overcome the snoring habit, and the place to begin is by changing the thoughts in your mind... The subconscious and unconscious levels of your mind are realizing that you can breathe just as easily... and just as smoothly, and just as freely at night while you are sleeping as you do during the day when you are awake...

I want your inner mind to review what information has gone into your mind that caused you to begin snoring... Your mind is assessing that information, evaluating that information, and understanding that there is no reason for you to continue the habit of snoring... Your mind is working out the solution and resolving that problem rapidly and completely...

When the subconscious and unconscious levels of your mind understand what has been causing you to snore, and has worked out the solution to that problem and knows that you have overcome that problem and will breathe easily and freely

at all times when you are sleeping.., Your mind will cause one of the fingers on your (right/left) hand to rise up toward the ceiling, and your finger will remain up until I tell it to go back down..

You are in a very deep, very calm, comfortable state now ...
Your entire body is relaxing peacefully and comfortably...
Your mind is very sensitive to everything I'm saying... Your mind is hearing and receiving the suggestions I'm telling you... Your mind is causing each suggestion to begin working immediately and continue working automatically when you awaken from the hypnotic state...

Without any conscious effort by you, the unconscious levels of your mind keep you breathing... Whether you are awake or sleeping, the unconscious levels of your mind keep your hearing pumping the blood through your circulatory system... Your mind also causes your digestive system to continue functioning properly, and causes every part of your body to respond to conscious decision you make, whether you are consciously aware of making those decisions or not...

For example, your mind causes your foot to lift up and put on the brake " when you are driving your car and come to a stop sign... Your mind causes you to turn the steering wheel automatically when you come to a corner... You do all of

those things without consciously controlling what you are doing...

Just as easily you breathe smoothly during the night while you are sleeping... From now on, you will sleep easily and comfortably throughout the night... Your mind understands there is no reason for you to snore when you are sleeping... You have overcome that habit completely and permanently...

STOP SNORING

With regards to the matter of snoring, getting rid of that problem will satisfy you as a person... The fact that you want to breathe easily and freely while you are sleeping is causing the unconscious levels of your mind to review and examine what has been causing you to snore... Your mind is working out the solution to get rid of that snoring problem quickly...

The only thing I want you to do consciously is to realize that you can go to sleep easily, and sleep calmly and peacefully each time you go to bed for the purpose of sleeping... Even now while you are in a hypnotic state you are continuing to breathe more easily... When you go to bed for the purpose of sleeping you will automatically breathe easily and quietly... You are taking pride in your ability to go to sleep feeling confident in your ability to sleep peacefully, calmly and quietly until it is time for you to awaken...

You've been experiencing that problem of snoring for some time now... Consciously you haven't been able to get the problem resolved... I don't know what you need to do to solve the problem, but there is a level of your mind that knows what has been causing the problem, and your mind knows exactly how to cause your system to adjust to get that problem corrected without any conscious effort by you...

The level of your mind that knows what needs to be done to get that problem corrected is working out the solution in a very pleasant way.. When the problem has been resolved, and your mind knows you will sleep easily, quietly and comfortably each night, one of the fingers on your (right/left) hand will rise up toward the ceiling and remain up until I tell it to go back down...

Your mind is reviewing the information thoroughly and understanding that it is okay to resolve that problem for now and forever... As your mind is working out the solution to that problem, you are continuing to become more relaxed and move into a more peaceful state of hypnosis...

A man by the name of George came to me one time, wanting me to help him stop snoring... I explained that I couldn't help him stop snoring, but I could use hypnosis to enable his own mind to get rid of the habit of snoring...

He was an intelligent man... He already knew that I couldn't help him stop snoring; that his own mind had to work out the solution to the problem... He told me he also knew that it would do no good to go to the medical profession and ask for help in conventional ways... However, he said his wife kept complaining more about his snoring each day,,, so he needed

to either get rid of the habit or start sleeping it is a different bedroom, and he didn't want to sleep in a different bedroom...

He felt like hypnosis could help him to go into the proper state that would enable his own mind to discover what was causing the problem, and help him experience the changes that were needed to get rid of the problem... So when he was in a hypnotic state, I gave suggestions similar to those that I have given to you, and his own mind devised a pleasant way to enable him to sleep without snoring, from that night on...

He stopped snoring that very night, and to this day, he is able to sleep comfortably and quietly, without snoring...

I'm sure that your own mind is causing you to experience a very comfortable transformation... You will soon discover yourself going to sleep each night and sleeping calmly and peacefully until it is time for you to awaken... You will sleep peacefully and gently each night without snoring...

You will continue breathing easily and freely while you are sleeping, and you will awaken each morning feeling rested and refreshed.

When you awaken from the hypnotic state, you will feel confident and happy knowing that your own mind has worked out the solution to that problem without any conscious effort by you.

OVERCOME IMMUNE DEFICIENCY

You will continue hearing the soothing sounds in the background as you become more and more relaxed and at ease...I will be giving you directions and suggestions that will cause your entire system to be more comfortable and the processes and activities of your body will continue functioning more perfectly... You will become aware of your energy and vitality increasing, each day you will keep feeling better...

The subconscious and unconscious levels of your mind are more energy to move into your immune system than is normally needed, causing your immune system to function perfectly without any conscious effort by you...

You are responsible for your own health and well-being... Your own mind is able to cause all the processes and activities of your body to function properly... By permitting yourself to be hypnotized, you have proven that you recognize the power of your own mind to rejuvenate and restore your immune system perfectly...

We each create our own miracles... Of course, we realize it is not really a miracle... We realize that our body was created to be healthy... Every part of your body was created with the

capability of functioning perfectly... The subconscious and unconscious level of your mind understands the truth of these words you are hearing...

The thought and idea of a healthy body and a healthy immune system are becoming a permanent fact in your mind...

Disease is being eliminated from your body... Disease is being cleansed from your body in an easy, natural way as your immune system is becoming stronger and healthier...

I want you to use your imagination now and think of your immune system working properly... Concentrate on your immune system being strong and powerful, and cleansing all disease from your body through the natural processes of your elimination system... Your physical health is becoming strong and pure...

Your mind is accepting only good, uplifting thoughts and ideas of excellent health.

From the top of your head down through your body to the tip of your toes, I want you to imagine a healing, cleansing, white light flowing through your system, working its way through your body... Imagine that white light moving through your

neck and shoulders, down through your spine, into your stomach and intestines... Feel it flowing through your entire body, cleansing, purifying, healing and strengthening every part of your system...

As the light is moving through your body, you are drifting into a deeper, more comfortable state... Every time you exhale you become more relaxed and more content... Your entire system is responding to the idea of relaxation...

I'm going to pause for a short period of time to let these suggestions take full effect in your mind and body... (Pause for two minute.)

Every night before you go to sleep, I want you to use your imagination and think of your immune system as being powerful, strong, invincible... Visualize your immune system cleansing your entire body from all impurities... Visualize your white cells full of energy and power... The numbers of white cells in your blood system are limitless... You have billions of cells in reserve, and your system will use them perfectly at any time they are needed...

Think of your body in perfect health, full of vitality, full of clean, pure energy... Think of your entire body functioning in harmony with nature... You feel yourself becoming stronger...

You are at one with the kingdom of God within you... You are perfectly attuned to the Divine power within you... Your health is improving more each day...

In a moment we will be concluding this session... I will count to five, and you will awaken a little more with each number I say... When I reach the number five, you will be in a wide awake, fully alert state... You will feel stronger, healthier and more energetic.

STRENGTHENING TRE IMMUNE SYSTEM

It keeps becoming less important for you to consciously listen to my voice... There may be times when I'm talking to you and it will seem like my voice is a long distance away...

There may also be times when I'm talking to you and you may not consciously hear what I'm saying... That is okay because the subconscious and unconscious levels of your mind will hear and understand everything I tell you... Your mind will cause you to automatically experience very pleasant changes taking place in your physical body...

There is a tree in Africa that is very special to a particular kind of ant... The ants spend their entire lifetime living on that tree... They build their nests out of the leaves from the tree... They drink only the sap produced by the tree... They eat the special berry that grows on the tree... They never leave the tree, because it provides everything those ants need...

If any other insect begins to crawl on the tree, or if any other insect lands on its leaves, the ant guards send out a signal... All the other ants come meaning... They attack the foreign insect and destroy it or drive it away...

This way they protect their tree from any invaders that make an attempt to invade the tree... They save the tree and the tree saves them...

There is a sense in which the human body is comparable to that tree and the ants that live on the tree... Our body has a built in immune system... It is designed to keep foreign substances cleansed out of our body... The immune system is designed to keep us free from all illnesses and diseases... It is designed to keep our body temperature stabilized... Our immune system is designed to keep us healthy at all times...

If you had a stone in your shoe, the stone would probably cause you to experience discomfort when you walk... The best way to get rid of the discomfort caused by the stone is to take your shoe off and get the stone out... That is the way your body reacts anytime any foreign substance gets in your system and does not belong there... Your system immediately sends a signal... Your body responds by sending the cells that are needed to cleanse the foreign substance out of your body through the natural processes of your elimination system... The white blood cells in your body surrounded the foreign substance and cleanse out of your body through the natural process" of the elimination system...

Your system is always on guard for anything entering your body that could be harmful, and it is known immediately if something is wrong... It is known immediately where something is wrong... It is known what is wrong, and the bodily processes begin working to make the proper corrections and fix the problem...

It is normal and natural for your body to keep your immune system functioning perfectly...Your immune system automatically eliminates any organisms that your body does no need... Your immune system knows how to function perfectly at all times.. The white blood cells do their job perfectly; overcoming any invading bacteria or viruses that try to come into your body...The white blood cells cleans them out of your body in an easy, natural way, through the normal processes of your elimination system... In every way your mind and body are doing their job perfectly, healing your body, keeping it functioning properly...

From now on you are letting your body take care of itself with the same amazing capabilities as those ants that take care of that tree in Africa... Your body is automatically and rapidly doing those things need to be done to heal and protect your body properly...

HYPNOSIS FOR THE BURNED CLIENT

(The acutely burned client arrives in the emergency room in a state of frightened anxiety, and is already in a state that makes him extremely susceptible to both good and bad suggestions. The inflammation is mediated through the central nervous system by release of a bradykinin-like substance which is released during the first two hours after the burn stimulus, however, this enzyme is kept in abeyance by icing the wound, the damaging inflammatory reaction can be blocked by early hypnosis, permitting healing to occur rapidly and eliminating the need for skin grafts or plastic surgery.

When proper hypnotic techniques are applied very quickly after the initial burn, it can even prevent scarring of any kind.

When proper hypnotic techniques are applied very quickly after the initial burn, it can even prevent scarring of any kind.

When a newly burned patient arrives in the emergency room, his mind is concentrated and hypnosis is usually easy to induce.

(Since he may be a stranger to the hypnotherapist, the first communication is an introduction and suggestion.)

Hello, I'm (Mention your name and I'm here to help take care of you... Do you know how to treat this kind of bum?

Patient: "No." twice in the inward reply. In the rare case of a none or physician, who knows about treating burns, you simply) "Then you already know that your own mind can help speed up the healing processes..." Actually you have already done the most important thing in getting to the hospital quickly... You are safe now, and if you will receive what I tell you, you will be able to rest comfortably while your body is healing rapidly...

The first thing I want you to do is realize that those on the staff here are well-trained and will be giving you really good care... The second thing is for you to realize that what you think will make a big difference in the healing of your skin... Have you ever seen a person blush, or turn white with fear?

Then you know that nothing has happened except s thought or idea in the person's mind, and all of the little blood vessels in the face have opened up and turned red, or clamped down and turned white... What you think affects the blood supply to your skin, and that affects the healing... You can start that right now...

Borer rabbit said, "Everybody's got a laughing place..." I want you to go to your laughing place... By this I mean I want you to close your eyes and imagine that you are in a safe, peaceful place, enjoying yourself... You are totally free of responsibility... You are taking it easy...

The place you are going in your mind may be a beautiful beach... Or you may choose to go up in the mountains... Or maybe you are merely relaxing, watching TV... Or you may be out on a beautiful golf course, playing a round of golf... Or perhaps you are doing needlepoint, or playing with toy soldiers or dolls... From now on, any time you are told to go to your laughing place, you will close your eyes and immediately go to this place... Or anytime you want to relax and feel more comfortable, more calm and more at ease, you will close your eyes and think of this place... You will automatically be at this laughing place...

Think of your laughing place now... Feel yourself there... You are really enjoying yourself... Let yourself become even more comfortable now, by having your eyes closed and roll your eyeballs up as though you are looking at the top of your forehead... Take a deep breath, and as you inhale, feel the muscles in your eyes relaxing... As you exhale, feel your eyelids and all the muscles around your eyes relaxing even more... Feel that relaxation circulating through your entire

body... Your mind is taking you off to your , laughing place...

I read an article the other day about snowflakes that was quite interesting... It told about research that was conducted by scientist J. Wilson who devoted his life to the study of snowflakes... He found that every snowflake has six sides... All snowflakes are hexagonal in shape, yet no two snowflakes are exactly alike... During his research, Bentley photographed more than 10,000 snowflakes... He claimed that the entire

Countryside from Maine to California could be covered with snow a foot deep, yet no two snow-flakes would be exactly alike...

While you are continuing to enjoy yourself at your laughing place, without even noticing it, your body is continuing to feel cool and more comfortable... When your body achieves a very pleasant state of comfort and coolness, the subconscious and unconscious level of your mind will let me know, by causing one of the fingers on your right hand to rise toward the ceiling... That will be the signal that all areas of your body are feeling cool and comfortable...

(After finger has lifted, say :}

Now permit your inner mind to become totally aware of the sensation of being cool and comfortable... The subconscious and unconscious levels of your mind will keep you cool and comfortable while your body is healing in an easy, natural way...

(NOTE: In burns under 20 percentages, one session of hypnosis is usually sufficient... For larger burns, it has been found helpful to have several sessions... Additional sessions can help control pain, anorexia or any other problems.)

(Another prescription is written for handling additional sessions that may be needed.)

HYPNOSIS FOR THE BURNED CLIENT - NO. 2

This prescription is for burn clients who are in need of more than one session. This session can be repeated as many times as it is needed.)

I want you to use your imagination now and think of yourself as being at a beautiful lake on a beautiful day... You are sitting on the bank and all you have on is a bathing suit... You are dangling your feet in the water, noticing that the water is a little cool... There is a nice, cool breeze blowing on your skin... You decide to get into the water, so you move down the bank a few yards where the water is shallow enough for you to walk in gradually... You feel the water first around your ankles... Then you move out a little more and feel it around your knees... it feels a little cool as you gradually move into the water a little at a time... You are allowing your body to adjust to the comfortable coolness... You are up to your waist now, and the water keeps feeling more comfortable... You are tempted to just dive right in so you can feel the coolness around your entire body... But you decide to just gradually keep moving into the water a little more deeply... it's up to your chest now, and feels very good. . You continue feeling more comfortable... When you have moved into the water all the way to your need,,, one of the fingers on your (right/left) hand will rise toward the ceiling, and your finger will remain up until I tell it to go back down...

(Wait for finger to lift. Then tell the finger to go back down.)

When you are feeling more comfortable and at ease, your finger will lift again... (Which for finger to lift. Then tell the finger the go back down.)

I know that the subconscious and unconscious level of your mind wants to help you and is interested in helping you to remain comfortable... The fact that your finger lifted indicates that the inner levels of your mind are willing for you to continue feeling at ease, and I think that is nice...

There is no need for you to be thinking about a future that you can't remember because it hasn't happened... However, you can recall the past. You can especially recall those times when you were a child and you really felt good about your body...

Your subconscious mind remembers easily the proper way to cause the processes of your body to function properly... The unconscious level of your mind is using that knowledge to keep your body working nicely without any conscious effort by you...

You can even imagine yourself sitting somewhere else in the room and seeing your hand somewhere else in the room... If your hand can be somewhere else in the room, then you must be somewhere else... Or you could be here and your hand can be somewhere else... Maybe you can see your hand someplace else... When you see your hand at some other location, one of the fingers on your hand will rise up toward the ceiling... Your finger will remain up until I tell it to go back down... If you can see your hand elsewhere, you can see your shoulder, and your chest, and your stomach, and your leg elsewhere, because your body is made up of millions of atoms and those atoms can separate and go anyplace they desire to go...

You can be in control and see any part of your body in any location you desire to see it... You can even have it be over here, right next to me...

Sometimes it takes real effort to keep the peas on our plate from running into the corn, and the apple sauce from running into the mashed potatoes, and the gravy from getting into everything else on the plate... I'm sure you have had that experience and you can remember it well...

And you can even separate your emotional feeling from your sexual feeling, and your sexual feeling from your psychological feeling, or you can simply put that thought

aside and be aware of the fact that you are continuing to feel more and more comfortable..,

I am interested in knowing that there are some things you are going to be left thinking about after you awaken from the hypnotic state... Done of the things you can think about, that comes to mind are the words to a Paul Simon song... "It says, "Maybe I think too much..." In the song he says that one night his father came to him and held him to his chest... His father said, 'There is really nothing more you can do — Go on and get some rest...' Paul Simon said he responded, 'Yea! Maybe I think too much...'”

If you are going to think about something after this session is over, you might as well think about that... I'm wondering how the subconscious and unconscious levels of your mind are going to let you know that the feelings you have been experiencing are going to continue after you awaken from hypnosis...

Your mind will probably do it in some unique way that I can't even imagine...

Now, before having you come back to a wide-awake, fully alert state, I want you, in your mind, to join your entire body

together again, and come back to the place where your body was when this session began...

When you open your eyes you will continue feeling more comfortable and at ease... After you awaken from hypnosis, neither you nor I will know what the unconscious levels of your mind are going to do... It may do things that I recognize... It may do things that your doctor recognizes... It may do things that you recognize; or your mind may keep its own secrets...

The only thing I want you to do, and will instruct you to do, is to take a lot of personal pride in being able to sleep comfortable whenever the occasion arises that you need sleep... And you will always awaken from your sleep feeling calm, peaceful, and very comfortable...

Now you can begin getting ready to come back to a wide awake, fully alert state.

ELIMINATING ULCERS

On many occasions, you have probably seen "Smoky the Bear" warning people to make sure they extinguish their fires completely before they leave their camp site after camping in the woods...

They are told to make sure everything is cool, by pouring water or snow on it... You can sit there resting and relaxing, drinking a tall glass of ice water as the coolness is spreading... You make sure it is completely out so you can leave the woods feeling relaxed and calm.

You know that fire is too hot to handle unless you are wearing special gloves that are insulated and made of fireproof materials... They have fireproof materials that are now coated with a thin layer of metal which is shiny and reflects the heat and keeps everything cool...

It reminds me of something I learned about the human body... It contains chemicals that are capable of mixing themselves properly, without any conscious effort by you, and they can move to any part of your stomach where they are needed and cause a soothing, pleasant healing to occur...

Your body can do that automatically in a way that is pleasing to you... It can coat the walls of your stomach easily and naturally, causing your stomach to heal and remain protected...

I sometimes think of it in comparison to the way they insulate houses to protect the people inside and keep them comfortable in any kind of weather... They do that by putting insulation inside the walls and above the ceilings... That keeps the home protected from heat during the summer and from the cold during the winter... It makes it easy to keep the house comfortable at all times...

(Use the next paragraph if the client is religious)

The Bible compares the body to a house or a home when it says, "Your body is a temple of God..." The Bible also reminds us that we can restore the body to perfect health by "Renewing our mind with good thoughts and Ideas." The exact words are: "You can be transformed by renewing your mind.

(Continue here for all clients)

Your mind understands this and is realizing that you can now be free to have a healthy body...

When the unconscious levels of your mind know that the processes of your body are functioning properly, and know that the ulcers are being healed in a very pleasant way, The unconscious levels of your mind will cause one of the fingers on your right/left hand to raise up toward the ceiling, and your finger will remain up until I tell it to go back down...

The unconscious level of your mind will cause your finger to rise up toward the ceiling when it knows the ulcers are being healed... This will be a signal that changes have started and your body is rapidly feeling more comfortable and is healing properly...

(Go to a Confidence Building prescription in Book 1, or to the Self-Acceptance prescription beginning on page 106, while waiting for the finger to lift,)

ELIMINATE THE COMMON COLD

Breathe deeply and exhale slowly about five or six times... The muscles in and around your eyes continue relaxing more each time you exhale... Let the muscles in and around your eyes become so relaxed that your upper eyelids close automatically and remain shut until I ask you to open them...

Your conscious mind is becoming more relaxed and calm... The unconscious level of your mind is listening to the words I'm saying to you... Your eyelids are gradually becoming more relaxed... That relaxation is moving from your eyelids to your face and head... The relaxation is moving through your entire body, from the top of your head to the bottom of your feet...

You feel good... You feel calm and peaceful... You feel relaxed and completely at ease... You are feeling more- safe and secure... As you are continuing to relax, the unconscious level of your mind is remembering that you were born to be healthy... Your body was created with the capability of being healthy at all times, therefore, yours mind is reviewing and examining all the information that has gone into your mind, and is finding out what needs to be done to get rid of that problem that we call a cold...

Your mind understands what I mean when I talk about a cold... Your mind realizes that I'm talking about the illness which is called a cold... There is no good reason for having a cold, so the unconscious level of your mind is exploring the information in your mind and finding out what has been causing that problem...

Then your mind will work out the solution and cause the processes and activities of your body to function properly and heal your body for now and forever...

When your mind knows what has been causing that problem, and knows that changes have started and your body is being healed from that problem in a very pleasant way, your mind will cause one of the fingers on your right/left hand to raise up toward the ceiling... Your finger will remain up until I tell it to go back down...

Let yourself begin to feel as though you are drifting... You are drifting away from the ordinary, everyday activities of the world... You are feeling calm and tranquil as you are drifting further and further away... Your conscious mind is continuing to relax...

The unconscious level of your mind is hearing and receiving everything I say as it is working out the solution to that problem in a way that is pleasing to you...

Let everything in the ordinary world become distant as you feel more at ease and your body is healing in an easy, natural way... Each time you exhale you are becoming more relaxed and more comfortable...

I will stop talking for a few moments while your mind is continuing to review what has been causing that problem, and is solving that problem easily and quickly, in a way that is pleasing to you...

(For few minute)

I want you to notice the feeling in your left foot now... Concentrate on your left foot as I count from ten down to one... With each number I say, the symptoms of the cold are leaving your body more and more... By the time I reach the count of one, the symptoms known as a cold will be almost gone...

Shortly after you awaken from the hypnotic state the cold will be gone completely... Ten... You are concentrating on your left foot... Nine... You may notice a tingling in your left foot,

or you may notice very pleasant warmth in your foot... Eight... Your foot may keep feeling lighter... It may feel like it wants to begin lifting... Seven... Six... You may notice your left foot pressing down more and more... Five... Four... You may begin noticing the shoe on your left foot... Three... Notice all the feelings you are experiencing in your left foot... Two... Your leg foot is feeling very comfortable... One... Tell me what you have been noticing in your left foot...

Now all the normal feelings are returning to your left foot... Both of your feet feel comfortable...

(If the finger has not lifted by now, go to pages 63, 64 in Prescription Book No 1, "Therapy Between Sessions" and read that prescription to the client before awakening the client from hypnosis.)

(If the client's finger lifted, repeat the following paragraph to the client before concluding the session.)

Your finger lifted up, indicating that you are being completely healed from the cold... From now on your health will continue improving... You will notice the improvement... You will be very happy as you notice your health improving more each day.

CONTROL OF BLEEDING

Before I had you get numbness in your hand, you may not have realized that your subconscious mind controls your physical body... You may still have some doubts in your mind however; those doubts will soon be leaving you... Those doubts are being replaced with a strong sense of confidence and sureness... Before this session that we are having together has been completed, you will be sure that the problem you have been experiencing will be completely healed...

(Use magnetic hand demonstration to show again that the clients mind control)

Now you are realizing even more that your subconscious mind controls every part of your body, without any conscious effort by you.

You understand that if someone came in the room and said something to embarrass you, your face would turn red... The blood would rush to your face and cause your face to become red all over... Realizing that the subconscious and unconscious levels of your mind controls the flow of blood to your face, allows you to understand that the subconscious and unconscious levels of your mind also controls the flow of blood in all other parts of your body...

Your subconscious mind and your body have had a lot of experience... You know that if you decide to wiggle your finger, immediately your finger will begin to wiggle... It is the unconscious levels of your mind that causes all of those ligaments, tendons and bones to move... You know that if you decide to take a bite of food, it is your unconscious levels of your mind that enables you to chew the food and swallow it... It is unconscious levels of your mind that causes the food to digest... It is the unconscious levels of your mind that causes you to have bowel movements and remove the digested food from your body through the normal, natural process of your elimination system...

The unconscious levels of your mind and the cells of your body have had a lot of experience that lets us know that they are capable of controlling the capillary flow of blood; just as the unconscious levels of your mind can control your salivary glands as you look at food or see someone eating a lemon... You can say something sad to someone and produce tears... Tears require an alteration of the flow of blood in the tear glands, and you don't even know how those tear glands are supplied with blood, so you are realizing that the unconscious levels of your mind have a tremendous amount of information of which you are totally unaware... Your mind is using that information to work out a solution to that problem, and to heal your body completely and perfectly...

I want you to use your imagination now... Imagine how it would feel to be relaxing comfortably some place you enjoy very much... Perhaps you are at the beach... You are feeling the sand under your back... You are noticing a pleasant breeze blowing across your body... You are continuing to become more calm and more relaxed...

You understand that your inner mind is controlling your breathing... Notice how easily and calmly you are breathing now, without any conscious effort by you... Your unconscious mind is also controlling your pulse... Your blood pressure, your arteries and veins are all controlled by the unconscious level of your mind... In fact your inner mind knows how to control the flow of your blood completely and perfectly... The unconscious levels of your mind are causing healing energies to flow through your body and heal you as you are relaxing in this comfortable position...

Notice how relaxed and comfortable you are now, as you are allowing your unconscious mind to help you... Your mind is reviewing what has been causing that problem, and your mind is working out the solution... Your inner mind is causing you to experience pleasant changes that are healing your body perfectly even after you awaken from the hypnotic state and come back to a wide awake, fully alert state... The unconscious levels of your mind will cause the healing

processes of your body to continue working, healing every part of your body in a pleasant way.

Notice how relaxed and comfortable you are now, as you are allowing your unconscious mind to help you... Your mind is reviewing what has been causing that problem, and your mind is working out the solution... Your inner mind is causing you to experience pleasant changes that are healing your body perfectly even after you awaken from the hypnotic state and come back to a wide awake, fully alerts state... The unconscious levels of your mind will cause the healing processes of your body to continue working, healing every part of your body in a pleasant way.

OVERCOMING PREMENSTRUAL SYNDROME

As you are continuing to relax, I want you to open your eyes and look at the back of your right hand, as you do a feeling of heaviness is beginning to develop... As you notice that feeling of heaviness, lift up your left hand and keep it up until I tell it to go back down... (Pause until left hand lifts.)

Good, your left hand can go back down... Now, as you continue concentrating on your right hand, I will be stroking your left hand, and I want you to notice all the feelings you are experiencing in your right hand as your left hand becomes completely numb...

(Start stroking left hand and proceed with suggestions below.)

Notice any feelings you are experiencing in your right hand... Your right hand may begin feeling heavier... You may notice a feeling of warmth coming into your right hand, or your right hand may begin tingling... Notice everything you are experiencing in your right hand as your left hand keeps becoming more and more numb...

Are you aware of the feelings you are experiencing in your right hand? (Pause for response.) NOW, I'd like for you to notice that your left hand is feeling very numb... You are experiencing numbness in your fingers... You are experiencing numbness in the palm of your hand... You are experiencing numbness in the back of your hand... You are experiencing numbness in the entire hand... (Pause.) Notice that numbness increasing even more now... As the numbness increases it is such a pleasant feeling that it seems as if it is too touch trouble to even move a finger... It feels as if your left hand is going to sleep... Your left hand almost feels as if it is no longer a part of you... As you are aware of that, you will nod your head yes...

(Pause until the client nods.) (After client nods the head yes, pinch up hand between the fingernails of your thumb and middle finger, and ask the client :}

What does it seem like I'm doing now?

(Wait for response.) (If client says, It feels like you are pinching me... Say

"Do you mean, you feel the pressure of the skin between my fingers?

(If the client says, "Yes.") (Then say,)

"You done feel any pain at all, do you?"

(Wait for a response. If the client says, "I feel some pain."
Continue holding hand with your fingernails, and say,)

"The hand is continuing to become number... Tell me when
you feel nothing except the pressure of the skin between my
fingers."

(Wait for response.) (When you are confident the client has
numbness in the hand continue as follows :)

You are responding well to my suggestions... In just a
moment I'm going to have you open your eyes, and even with
your eyes open you will remain in a hypnotic state... You will
be able to keep your eyes open until I tell you to close them
again... When I tell you to close your eyes, you will close
them and will immediately move into a much deeper hypnotic
state... You will continue responding to the suggestions I tell
you...

Okay, open your eyes now... Look and see what I was doing to your hand... Now you realize that your unconscious mind caused changes so that only your left hand became numb... Your right hand has all the normal feeling... Your left arm has all of its normal feeling... I'm going to pinch your left and lightly so you will notice it has all of its feeling... (Pinch the left arm and ask) Can you feel that? (Taken pinch batch of the right hand end say,) You notice a little pain in your right hand don't you? (Which one response, then say,) Now you realize that your unconscious mind caused changes without any conscious effort by you..., I put the suggestion into your mind that your left hand would become numb, then I told you a signal I would use..., the signal was stroking your left hand... Your left hand kept becoming number each time I stroked it...

Your mind has learned to respond to signals... Everything we do, we're responding to signals... When we brush our teeth, we make a decision to brush them and that is a signal to our unconscious mind... The unconscious mind then causes us to make all the movements we need to make to brush our teeth... We open the tooth paste... We put toothpaste on the tooth your mind has learned to respond to signals... Everything we do, we're responding to signals... When we brush our teeth, we make a decision to brush them and that is a signal to our unconscious mind... The unconscious mind then causes us to make all the movements we need to make to brush our teeth... We open the tooth paste... We put toothpaste on the tooth

It's that way with everything we do... When we make the decision to do anything such as run, or walk, or talk, or read, or write, or play the piano, or give a lecture that is a signal to our unconscious mind... Our mind responds by causing our body to make the movements we need to make to carry out the proper actions to do whatever we decided to do...

The unconscious mind enables us to chew our food when we decide to eat... The unconscious mind then causes the food to digest... The unconscious mind separates the food, sending the nourishment from that food into every part of our body where it is needed, and disposing of the waste materials from that food through our elimination system... Our unconscious mind keeps us breathing, even when we are sound asleep... It causes our heart to keep pumping, sending the blood to circulate through our body properly. It causes us to urinate when our bladder becomes full... It does all of these activities without any conscious effort...

Now your unconscious mind understands that it is normal and natural to have a brief menstruation period each month... That is a part of the normal preparation of your body to enable you to become pregnant... You were created with the ability to have a body that functions properly... Your body knows how to function in an easy, natural way, enabling you to experience your menstrual period each month comfortably...

I want the subconscious and unconscious levels of your mind to review what has happened to cause you to experience discomfort during your menstrual period... I want your mind to work out the solution, and resolve that problem completely for now and forever...

The subconscious and unconscious levels of your mind are reviewing, examining and exploring the information that has gone into your mind that has been causing that problem... Your mind understands that information from a more adult, more mature point of view... Your mind is realizing that menstruation is a normal activity... It should be experienced" easily, calmly, and comfortably... It is just as normal and natural as urinating, it is just as natural as having a bowel movement... It is just as normal to menstruate as it is for you to breathe...

Your unconscious mind is reviewing any imprints, impressions, thoughts or ideas that have gone into your mind that have been causing that problem... Your mind is assessing that information and understanding it from a more mature point of view... Your mind is understands that it is okay to resolve that problem completely...

You are continuing to relax calmly and comfortably... All levels of your mind are cooperating and are working out a very pleasant solution to that problem...

When your mind knows it is okay for that problem to be resolved, and knows that changes have started, and knows you are getting rid of that problem easily and comfortably, your mind will cause one of the fingers on your (right/left) hand to raise toward the ceiling... Your finger will remain up until I tell it to go back down...

You are doing good... It feels good to continue relaxing... Later when you awaken from the hypnotic state, your entire body will feel good from the top of your head all the way down to the bottom of your feet...

Your unconscious mind is very sensitive to everything I say... Even after you awaken from the hypnotic state, and at all times during your daily life, these suggestions will continue to influence you just as strongly, just as surely, and just as powerfully as they do while you are hypnotized...

You will be pleased with the improvement in your life... Each day the improvement will keep increasing... You can be sure it is permanent and lasting... Being hypnotized is always a very wonderful experience... You keep enjoying it more, and

continue experiencing more benefits each time I hypnotize you...

You realize that your unconscious mind caused changes in your body without any conscious effort by you to make your hand numb... Now your mind is causing you to experience pleasant changes that are enabling you to experience an easy, comfortable menstrual period for a short time each month... Your menstrual period will be experienced in an easy, natural way you are realizing that having a menstrual period is experienced as a normal cleansing of your body...

The healing processes of your body are working properly, because you want them to work... Your unconscious mind is obeying your thoughts and desires for you to experience a comfortable menstrual period each month... Your body is responding, and you will be happy as you notice the continuous progress you achieve...

In a moment I will be counting to five for you to awaken from the hypnotic state... When you awaken all the normal feeling will be back in both of your hands... Your entire body will feel relaxed and comfortable... Your mind will be alert, and you will feel peaceful and calm.

OYERCOME PRE-MENSTRUAL SYNDROME 2

As you sit there breathing easily and freely, all of your body processes are functioning in total harmony... You continue becoming more comfortable and more relaxed... The subconscious and unconscious levels of your mind are hearing every word I say and your mind is causing you to put every suggestion I tell you into your own actions...

You have been experiencing discomfort during the time when you have been menstruating each month, and you want to get rid of that discomfort... You understand that menstruating each month is a normal process for your body... You also realize that you should experience it just as easily and comfortably as you experience normal body processes such as digesting your food and urinating and breathing.

The subconscious and unconscious levels of your mind control all of your bodily functions and processes... Your inner mind can cause you to experience changes easily and automatically, in a very pleasant way... You had a chance to experience how easily your mind can cause changes when you got numbness in your hand... Just as easily and comfortably you can experience your menstruation period each month...

The unconscious levels of your mind are now searching through all the information stored in your mind that has been causing you to experience discomfort during your menstruation period... Your mind is reviewing that information, assessing it from a more adult, more mature point of view, and your mind is realizing that it is normal and natural for you to experience your menstruation for a short time each month... It is also normal and natural for you to experience the menstruation in an easy, comfortable way... So your mind is working out the solution to that problem... The unconscious levels of your mind are causing you to experience very pleasant changes... Each day you will keep becoming more proud of the fact that you are a woman... You will keep experiencing all of your normal female responses in an easy, comfortable, natural way...

When the subconscious and unconscious levels of your mind understands what has been causing that problem, and realizes it is okay for you to experience your menstruation period comfortably each month, and knows that changes have started so you will menstruate easily and comfortably each month, your mind will cause one of the fingers on your (right/left) hand to raise up toward the ceiling... Your finger will remain up until I tell your finger to go back down... twice waiting for the finger to lift go to together prescription such as the oak for Building Self-confidence.)

EASY, NATURAL MENOPAUSE 1

Of course you can be interested consciously in what I say, and even though you are intensely interested consciously, I would like to have you appreciate the fact that you are much more interested on an unconscious level. So consciously, you can continue relaxing more completely and you can let your mind wander, from my words, to any thoughts you want to think. Or, if you prefer, your mind can move into a state similar to a state of sleep...

The word menopause literally means "cessation of menses" and refers to that time in a woman's life when reproductive function has come to an end... There is a decline in hormonal secretion by the ovary... It all occurs in an easy, natural way... A more common name for the menopause is "change of life"... This is a wonderful experience because it indicates an important progression in a woman's life... It brings a woman the freedom from ever getting pregnant again... It enables her to realize that when any children she has at the present time are grown that she will have much more freedom for doing things she has been looking forward to doing...

Experiencing that change in life also gives a woman the freedom to enjoy sexual relations with her chosen partner without needing to use contraceptives or without taking birth-

control pills, and she can be confident that she will not become pregnant...

When we were young children, most of us played the game of wishing upon a star... The first star we saw in the evening, we would make a wish... Then there was also the wish we made when we blew out the candles on our birthday cake... There were other occasions when we made special wishes, and many of us have continued making wishes right up to the present time...

You have probably made many wishes through the years... Actually we are realizing more each day that what we think in our mind will actually happen... If we want to achieve a goal, one of the best ways to achieve it is by closing our eyes and imagines in our mind that we have achieved the goal... If we do this enough to get the idea firmly embedded in our mind, our mind will cause us to perform the proper actions to accomplish the goal...The goal changes from a wish to a reality...

When it comes to getting things we seriously want in life, getting a million dollars or becoming a multi-millionaire is pushed into the background... Most of us would much more prefer good health, joy in our work... Most of us prefer loving others and being loved by others... Most of us prefer having

the freedom to be what we want to be, and to do things that bring us happiness, and enable our soul to continue progressing...

Many times when walking down the street I would greet people by saying, "It sure is a beautiful day..." One day I met a friend and greeted her with those words and she responded by saying, "Yes. It is a beautiful day, but the flu season is here... They were warning everyone about it on TV last night." True to her word, two days later, she had the flu, and had to miss work for several days...

It's a fact that our health is the result of thoughts that we accept in our mind... If we believe in flu, and believe the flu bug is going around, we can easily develop flu in our bodies... Instead of thinking about ill-health, we will be much healthier if we think about the fact that our bodies are created to be healthy... Our bodies are created with the capability of eliminating any kind of bacteria from our system and remaining healthy at all times...

The same is true with women going through the change of life... By thinking of it as a wonderful experience, a normal, natural experience, a period of life that God has enabled women to experience... It is an enjoyable experience... Think of every month of the year as a healthy season... That mental

attitude works just as powerfully for health, as thinking about illness does for producing sickness...

The energies of the body are made to keep the body healthy and strong... If you have been experiencing any kind of physical problem, you can get rid of the physical problem by getting your mind and body attuned to the natural healing energies...

Your body functions perfectly and the thoughts in your mind are on good health... Your health is improving more each day.

ACHIEVING BIRTH CONTROL 1

John had been practicing on his trumpet for about 45 minutes and he decided to relax a couple of minutes and give his lips a rest... He went over to the other side of the room, and leaned back in his comfortable recliner... The trumpet was still in his hand, and as he looked at it, he began thinking back to the time when he took his first lesson... He recalled that it took about fifteen minutes of trying before he could get a sound to come out of the trumpet, and at that time he thought he would never be able to learn how to play it... Here he is fifteen years later, and now he is the lead trumpet in an outstanding concert band...

As he sat there resting, he began recalling other accomplishments he had achieved... He recalled the effort he had to devote in practice to be on the basketball team in high school... He recalled the difficult time he had working his way through college... He thought about his investment in a music store... He recalled all the time he devoted to that to make it one of the most successful music stores in the state... He remembered how much effort he devoted to continue practicing on his time each day...

He got up from the recliner and walked over to the full length mirror and began talking to the image, saying, "You did it..."

You have achieved every goal you set for yourself... You have done it through your own determination and effort... You have been successful in all areas of your life... You can really be proud of yourself... You are happy, healthy and prosperous..."

And then there was Julie, who even though she was only 23, had been on birth control pills since she was sixteen... She has often wished there was a way of achieving birth control without taking pills or using contraceptives... She attended a lecture given by a local hypnotherapist... He had proclaimed that a well-trained hypnotist could help people produce changes in their bodies that could overcome any type of problem they might be experiencing... She thought about the side effects she had been experiencing from the birth control pills, and she decided to question him after the lecture about whether hypnosis could help her achieve birth control.

That was fourteen years ago... She is now happily married and has two children, ages five and three... However, she had been living with her husband for six years before they got married and she had been off birth control pills all of those years and did not become pregnant... In fact, she became pregnant only after making a conscious decision to become pregnant... Hypnosis had worked perfectly to enable her to experience birth control without taking pills or using any kind of contraceptives...

Through the years she has told several of her friends about it.... Several of them were hypnotized for birth control...it has been successful with every one of them...

I think I recall him telling me I would begin experiencing some pleasant changes in my body... My body is adjusting so that I can have intercourse with my chosen partner and be unable to become pregnant... Then each week when I would go in for a session, he would ask my unconscious mind if the changes had been completed so that I could have intercourse without becoming pregnant... He would have my unconscious mind control my fingers, causing the forefinger to lift up if the correct answer was "yes", and having the little finger lift up if the correct answer was "no"... For about four or five weeks the answer was always "no"... I began thinking it wasn't going to work, and then all of a sudden one day, the "yes" finger lifted... After that session I stopped taking birth control pills, and never did become pregnant, until after I married and made a conscious decision to become pregnant... It worked exactly the way he told me it was going to work...

What a relief it has been... I have never had to take another pill or use any contraceptives since the day my "yes" finger lifted to indicate the changes had been completed...

Your mind is reviewing your entire body on the inside and is working out the healthiest, most pleasant way to cause you to experience changes that will enable you to have intercourse with the partner of your choice without becoming pregnant... You are learning how to enjoy sexual fulfillment without becoming pregnant... Your body is making adjustments so that your body will be unable to become pregnant... In the future, if you ever change your mind and decide to become pregnant, your body will readjust and will enable you to become pregnant when you make the conscious decision to become pregnant...

Even after this session has been completed, your unconscious mind will cause your body to continue making pleasant changes until it is impossible for you to become pregnant, and when those changes have been completed, your unconscious mind will let me know by causing your fingers to lift up and give the correct answer to questions that I ask you... Anytime I ask a question, if the correct answer is "yes", the forefinger on your right hand will raise up... The finger next to your thumb on your right hand is your "yes" finger, and your mind will cause it to lift up anytime I ask a question and the answer is "yes"... Your finger will remain up until I tell it to go back down... Whenever I ask a question and the correct answer is "no", the little finger on your right hand will lift up... The little finger on your right hand is your "no" "no" finger... two it's towards "no" i Will (At pronounce it ne the Unconscious mind will be sure you do not menu the "know" finger}

You know your unconscious mind is working out the solution to that problem... You know your body is experiencing very pleasant changes so you will be unable to get pregnant... You also know you will be able to enjoy sexual fulfilment with the partner of your choice, and soon you will be free to do so without becoming pregnant... You are confident that your unconscious mind will let us know when the changes have been completed...

In a moment you will be coming back to a wide-awake, fully alert state feeling confident and happy.

INCOMPLETE EYELID CLOSURE

There are many things in life that cannot be explained intellectually... Consciously we do not have all the answers... However, the answer to almost every problem is in the subconscious or unconscious levels of our mind... When we let our mind review and explore what has been causing a problem, it can work out the solution and help us experience changes that enable us to overcome the problem completely.

You may not consciously have any idea why you developed the habit of sleeping with your eyelids partially open... It's not important for you to really - know the reason consciously... Your subconscious mind and all levels of your inner mind know what caused that problem to develop, and your mind knows how to work out the solution so you can sleep comfortably each night with your eyelids closed...

Your eyelids can close easily when you blink... Your eyelids can close comfortably every time you sleep... Your mind is reviewing what happened to cause that problem... Your mind will assess that information and will understand it... The unconscious level of your mind will realize that regardless of what caused that problem, the experience is over, it's past, and there is no good reason you need to continue sleeping with your eyelids partially open...

The part of your mind that causes your body to function properly for eating, drinking, urinating, being able to move your fingers easily, will keep your eyes closed comfortably, calmly and peacefully while you sleep... You will be at ease and feel serene as you sleep with your eyes closed...

You will always go to sleep easily, feeling calm, safe and secure... Each day you will awaken feeling rested and refreshed, after sleeping peacefully with your eyes closed...

Your body takes in the proper amount of liquid to produce urine, sweat, blood, tears, and to always keep your eyes lubricated properly... Your eyes will always be lubricated properly as your body produces the right amount of fluid needed to keep them lubricated at all times...

Your subconscious mind has received everything I've been telling you, and your mind is making true everything I say...

When the subconscious and unconscious levels of your mind understands what has been causing that problem, and knows that changes have started, and you will sleep comfortably with your eyes closed each night; one of the fingers on your

(right/left) hand will raise up toward the ceiling and your finger will remain up until I tell it to go back down...

Your mind is enabling you to make the best use of the hours you have for sleeping... Your mind is causing you to experience peaceful, restful sleep each night, until it is time for you to awaken each morning... You will awaken each morning feeling alert and refreshed...

Every day your self-confidence, self-acceptance and self-reliance will keep increasing... Every day your mind will be more alert... Your concentration will be greater, and you will be able to recall and remember everything you learn more perfectly...

We will soon be concluding this session... I will count from 1 to 5 and you will come up to a more alert state with each number I say... When I say the number 5, you will open your eyes, feeling wonderful... You will feel confident and happy... You will notice very pleasant changes taking place. Your health will keep improving more and more each day.

SUGGESTIONS FOR CANCER (AND OTHER DISORDERS)

Sometimes when people experience a physical problem, they immediately become worried... Often they run to a physician and describe what they are experiencing and have him make a diagnosis and give them a prescription or do surgery... What people need to do is remember that there is intelligence within them that can, and does change things...

Someone made a wise statement when he said these words: "Go first directly to God, and then to man if God directs." When we experience any kind of physical illness, disease or handicap, we are making a wise decision if we peacefully and calmly go to a quiet place, breathe deeply and exhale slowly four or five times and let our body become relaxed..

In that state of relaxation, we can reflect on what would be the best thing to do, and follow the intuitive feeling that guides us to make the right decision with regards to the wisest thing to do to overcome the problem...

In reality, you are the master of your own body... Keep this tint foremost in your mind... Let the healing energies and powers within you freely work in your body the way they normally do to heal your skin if it is cut or bruised, or to heal your bone if it is broken...

As you are continuing to listen to the soothing sounds coming from the tape player, you are becoming more aware of that part of your mind and body where you have an inner harmony and inner calm... A place of inner healing powers and life giving energies... You are remembering that from the beginning, when you first came into existence, your mind and body have always known how to heal themselves.

Your body knows how to heal scrapes, wounds, cuts, bruises and injuries... Your body knows how to generate new cells and new tissues whenever needed, and in whatever part of your body they are needed... Your body knows how to regulate and rejuvenate itself to function properly... Your body knows how to keep you breathing, even when you are sleeping... Your body knows how to keep your body temperature stabilized... Your body knows how to maintain its own healthy blood chemistry... Your body knows how to maintain the necessary hormonal and chemical components to keep you functioning properly... And it is normal and natural for your body to keep your immune system functioning properly... Your immune system automatically eliminates any organisms that your body does not need... Your immune system knows how to function perfectly at all times... The white blood cells do their job perfectly, overcoming any invading bacteria or a virus that tries to enter your body... It

eliminates them from your body in an easy natural way, through the normal processes of your elimination system...

Your body also knows how to regulate the metabolism and stabilize your body at a normal, moderate, healthy level... In every way your mind and body are doing their job perfectly; healing your body, keeping it functioning properly.

Now I want you to repeat the following statements and let them become deeply embedded in your mind... Know that the unconscious levels of your mind are causing the suggestions I tell you to begin working immediately:

1. I am calm, relaxed and at ease...
2. I know that the tremendous power... of my own mind... can help me...both mentally and physically...
3. I have a built-in immune system... My immune system can eliminate all cancer cells from my body...
4. My immune system is powerful... My immune system is doing what needs to be done...to heal my body perfectly...
5. I am becoming healthy... I am being healed... My health is improving rapidly... My body is being rejuvenated perfectly and completely...
6. I am living my life in harmony and love...
7. I am spiritually whole and complete.

HEALING BREAST CANCER

As I'm talking to you now, I want you to continue moving into a much deeper hypnotic state... Go down to the very basement of relaxation... Keep moving into a calmer, more peaceful state until you can feel healing warmth moving through your breasts... Feel that healing warmth flowing through your breasts easily and comfortably... You will lift your right hand when you begin feeling that healing warmth...

You are realizing more each day that your inner mind responds to the thoughts you think and the images that form in your mind... Your thoughts are creative... The more harmonious our thoughts are, the healthier our body becomes... Always keep good, uplifting, loving thoughts in your mind and you will be pleased to become aware that your breasts are healing rapidly... That is a natural law of life... You can really make practical use of that law...

When we decide to walk and our feet and legs begin moving... They take us where we want to go... When we decide to brush our teeth, we make all the movements required to brush our teeth... Thoughts that we think in our mind happen in our bodies... Our mind transforms our thoughts into a reality...

During the time you are in a hypnotic state of relaxation, your inner mind is hearing and receiving what I tell you, and your mind causes it to happen... Your mind is hearing and receiving the suggestions I tell you to work and the suggestions I'm telling you will continue working just as effectively after you awaken from hypnosis as they do while you are hypnotized...

Take a long deep breath now and exhale slowly... From now on, that will be a signal that will increase your confidence and increase strength and energy to achieve the goal you set for yourself... Breathing deeply and exhaling slowly also allows your mind and body to relax... The more you relax, the more rapidly your breasts are healing... You are permitting yourself to allow your body to become relaxed and fraction in perfect harmony.., your relaxation is permitting your circulatory system to function perfectly and carry oxygen and nutrition to every part of your body where it is needed...

Your desire to be healed completely is increasing more each day, enabling the energy and inner strength of your body to keep becoming more active.

All the healthy cells of your breasts are protected... Any cancer cells in your breasts or in any other part of your body are being dissolved and cleansed out of your body in an easy,

natural way, through the normal processes of your elimination system.

You are developing a greater attitude of love toward yourself and others. That increases your strength and causes the natural healing processes of your body to function more perfectly and more rapidly...

A sense of peacefulness is continuing to flow through your body, giving you a wonderful feeling of tranquillity... Your body is making whatever adjustments are needed to increase your comfort... Your sense of peace, or calmness and seventh are increasing the healing processes of your body, causing your breasts to heal more rapidly...

As you allow yourself to continue feeling the calmness and healing warmth in your breasts, you are allowing yourself to feel a complete sense of oneness within yourself... You feel a sense of joy and life within your soul.

Use your imagination now... See yourself, and feel yourself on a beautiful beach... You are lying there comfortably, enjoying the fresh smell of the water as a pleasant breeze is blowing across your body... You can hear the gentle waves rolling onto the shore line... You are sensing the strength of the ocean,, thinking how the waters continue on and on as far as your eyes can see... It is comparable to the way life

continues on and on forever and forever... You feel a sense of power and control, and a wonderful sense of inner strength...

Your body is experiencing a sense of oneness with nature, a sense of oneness with God, and a sense of oneness with all people everywhere...

Even though you may not consciously remember the suggestions I'm telling you; after you awaken from the hypnotic state, the suggestions I have

Told you will remain in your mind... All the suggestion I have told you will continue working even more surely and more effectively after you come out of the hypnotic state than they do while you are hypnotized... You are permitting yourself to accept the suggestions I'm telling you because you want to be healthy... You want to be stronger... You want to have more energy and vitality... Your desire to be healthy is so clear and so sure in your mind that it easily allows you to accept all the suggestions I have told you, and they keep working automatically to heal your breasts and body perfectly.

ELIMINATING WARTS

As you continue relaxing peacefully, I will begin stroking gently over the area where the warts are... As I stroke that area, you will gradually begin to feel pleasant feelings of warmth flowing from my hand into that area of your skin... Those feelings of warmth will continue becoming stronger and stronger each moment...

I'm going to begin stroking your skin now, and you will soon notice those feelings of warmth flowing from my hand into your skin... As soon as you feel the warmth, you can signal me by nodding your head...

(After the client has nodded, continue as follows :)

You will feel the warmth continuing to get stronger, it's very pleasant warmth.... You are feeling it moving through those warts... As soon as those warts begin feeling warmer than the rest of your head again.....

You can feel the warmth flowing into those warts now, and as soon as those warts feel warmer than the rest of your skin, you will nod your head...

(After client has nodded head again, proceed as follows :)

Now, as you continue feeling the warmth flowing out of my hand into those warts, you can feel those warts beginning to get smaller... They are beginning to heal... The healing processes in your body will continue until the warts are gone completely...

In the days ahead, the warts will become smaller, and they will soon be gone completely... For the next two weeks they will continue healing, and sometime within the next two weeks they will disappear completely...

The warts are healing rapidly... Your skin is become smoother and more perfect each day... The warts are fading away... Each day they become smaller, and your skin continues healing... In a short time, the warts will be gone and your skin will be smooth and healthy.

OVERCOMING PARALYSIS AND STROKE

You know that you have been able to perform many functions throughout your life just by consciously making the decision to transact certain actions... When you make a decision to eat and you put food into your mouth, you chew the food automatically... In the past you have been able to walk, talk, and move your hands and fingers at any time you wanted to... All of these activities became so easy for you that you could do them easily, just by making the decision to do so... In fact, it became so easy that you could do those activities without even being consciously aware that you decided to do them... Then, a short time ago, you all of a sudden discovered that you- became unable to perform a lot of activities that you had been able to perform automatically for many years... Since that time you have been experiencing some difficulty because of an experience you went through, and consciously you don't know what caused it...

What I want to do now is ask the subconscious and unconscious levels of your mind to search through the information that is stored in your mind and discover what happened that caused you to experience that problem...

When your subconscious mind discovers what caused that problem, then I want your mind to review that information

and work out the solution to that problem so your body can be restored completely and perfectly...

When your mind understands that there is no reason you need to continue experiencing that problem, one of the fingers on your (right/left) hand will raise up toward the ceiling and your finger will remain up until I tell it to go back down...

(Continue with suggestions. when the finger lifts; say what is in brackets and dark print that follows :} Skip this part until finger lifts up, then come back to the following sentence:

(Your subconscious mind has indicated there is no reason you need to continue experiencing that problem... Now when your mind knows changes have started and your body is being healed completely and perfectly, one of the fingers on your (right/left) hand will lift up and remain up until I tell it to go back down.) Continue with suggestions from the point where you stopped when the finger lifted.)

We know that your inner mind knows how to restore your skin if it is cut or bruised... Your inner mind also knows how to cause a bone to grow back together if it is broken... It is normal and natural for your inner mind to cause the healing processes of your body to function properly and heal any Part of your body that is damaged, including your brain... Your mind understands that, and your mind is working out the solution to that problem... All parts of your mind are cooperating and are causing the healing processes of your

body to function properly and rapidly heal your body in a way that is pleasing to you...

Think of your capabilities now... Your brain has all the potential it needs to restore every part of your body... Your mind also has great powers of creativity... Your mind is creating ways of restoring all of your body functions easily and naturally...

Your inner mind and your body are in strong communication, and they are working in harmony to rejuvenate and restore your body... All of the cells, all of the atoms, and all of the molecules of your body are functioning harmoniously to regenerate your body... All of the chemical activities of your body are cooperating to restore your body to perfect health...

In your own way you are creating an image in your mind of your body restored to perfect health... You are feeling the rejuvenation taking place...

You are recalling when you were a small child just learning to walk... You had to get up on your feet and make a concentrated effort to put one foot ahead of the other and take steps to get from one place to another... As you continued to practice walking, it soon became so automatic to you that you did it without even thinking about it consciously...

Your inner mind is remembering that now... Your body and your brain have all the knowledge needed to restore your ability to walk, and use all of the muscles, ligaments and tendons in your body easily... You even know how to walk backwards.

Your mind is remembering what you know... Your mind is reviewing it now from a new point of view... Your mind is remembering that when you were a baby, you had to learn how to walk because you had never done it before now you have had the experience of walking for many years so it will be much easier for your mind to help you to learn to walk again...

You are realizing that what you can learn to do once, you can learn to do more easily now that you have all that experience about learning... Yes, you have already learned how to walk... Therefore, you can easily relearn what you have already learned... The subconscious and unconscious levels of your mind are searching out the information from knowing how to walk and are enabling you to use the knowledge again...

To enable your mind to do that searching properly, move into a deeper state of hypnosis now... Go way down into the very

basement of hypnosis, as far as you need to go to achieve what you need to achieve...

Let all of your senses be clear as you re-experience the muscles strengthening and the awareness of all there is for your mind to review and explore...

As your mind is reviewing what you already know, your muscles are regaining strength...

What you are doing requires cooperation of your mind and body... Reinforce that cooperation each night, just before you go to sleep, by imagining in your mind that you are walking easily and perfectly... As you do this in your mind, the idea and the image are accepted by your mind and your mind will cause it to happen... You will soon be healed completely and perfectly.

OVERCOMING ASTHMA

Use any induction you feel the client will respond to. After inducing the hypnotic state proceed as follows :)

These suggestions and instructions I'm telling you are going into the storehouse of your mind and will influence you strongly... Everything I say is influencing your thoughts, your feelings and your actions in a pleasing way that is helping you be healed completely from asthma...

Even after you awaken from the hypnotic state, and at all times during your daily life, these suggestions will continue influencing you just as strongly, just as surely, and just as powerfully as they do while you are hypnotized...

You will be pleased to find yourself completely healed from asthma... You will also be happy to notice that you are more calm and relaxed during your daily life... Each day your nerves keep becoming more relaxed and steady... You are more composed, more tranquil and more at peace within.

You automatically use these principles of relaxation that you are now experiencing in all the activities of your daily life, and that enables you to be peaceful and calm in every

situation or circumstance in which you find yourself, whether you are alone or with others...

You continue developing a more relaxed attitude... It's a cycle of progress that keeps growing stronger each day, and you will find that it will benefit you in many ways, physically, mentally, emotionally and spiritually...

I want you to use your imagination now, and feel yourself responding to all of the suggestions I tell you...

You are going to have an asthmatic attack in just a moment... I will be counting from one to ten... As soon as I begin counting, you will start having an asthmatic attack... Each number I say, the attack will keep getting more severe... The asthmatic attack will continue becoming stronger... You will continue experiencing more difficulty breathing...

By the time I say the number ten, the asthmatic attack will be very strong... When it becomes so severe that you want it to stop, you will open your eyes... You will get out of the chair you are sitting in and move to the other chair that is near you... As soon as you sit down in the other chair, the asthmatic attack will stop... You will be able to breathe easily and freely... The moment you sit down in the other chair, you will relax... Your entire body will be relaxed... You will

breathe calmly and peacefully... Your lungs will function perfectly...

I'm starting to count now... One... You will notice that it's already getting difficult to breathe... You are beginning to have an asthmatic attack now... The asthmatic attack keeps getting worse each time I say a number... Two... You will notice your lungs tightening up... It's becoming more difficult to breathe... Three... Four... Five... You are having a difficult time breathing now... Your lungs are getting tighter and tighter... Six... It is extremely difficult to exhale..., The asthmatic attack is getting much more severe now... Seven... Eight... Nine... You are getting ready to move to the other chair. You will move to the other chair when you are ready... Ten... As soon as you move to the other chair, you will begin breathing comfortably and easily...

(Pause until client has moved.)

Your own mind started the asthmatic asthmatic attack and your own mind stopped the asthmatic attack... You are realizing that now... You are aware of the fact that you are in control... From now on any time you are confronted with any kind of unpleasant situation, you will automatically become calm and relaxed... You will use these principles of relaxation

which you are now aware of, and you will be in control of your feelings rather than let yourself be controlled.

The ability to be calm and relaxed is becoming automatic to you, and will enable you to handle situations that come up in your life in a peaceful, loving way...

You have been experiencing asthma for some time now, and you realize that your own mind has been causing the problem... Consciously you don't know what has caused the problem, but the subconscious and unconscious levels of your mind know what has been causing you to have asthmatic attacks. . The subconscious and unconscious levels of your mind are reviewing, examining and exploring the information in your mind that has been causing the problem... Your mind is reviewing the information thoroughly and your mind understands that it is okay to resolve that problem for now and forever...

When your mind understands what has been causing that problem, and has worked out the solution, and knows that changes have started and you will soon be completely free from that problem... one of the fingers on your right hand will rise up toward the ceiling and your finger will remain up until I tell it to go back down...

Your self-confidence and self-reliance are increasing daily...
You will be emotionally calm, and will be able to handle
situations maturely...

You will sleep better when you desire to sleep, and each day
you will awaken feeling rested and refreshed, you will be
more calm and relaxed as you go about your daily activities...

Your subconscious mind is causing your body to function
according to the perfect laws of nature... Your life will keep
reflecting peace and calmness... That enables your entire body
to continue functioning in perfect harmony and freedom...

Every part of your body; your lungs, your heart, all of your
organs and glands, your muscles, your nerves and your
circulatory system, are all functioning according to God's laws
of health and vitality...

Peace, poise and confidence are growing stronger within
you... You are becoming stronger, healthier and more secure
each day... You will be very happy with your continuous
improvement.

CURING HEMORRHOIDS

Hemorrhoids are varicose veins in your anus... The affected veins are just under the mucous membrane that lines the lowest part of the rectum and the anus... They become swollen from raising the pressure within them, quite often the swelling is caused by straining as you have a bowel movement... Sometimes they are caused by straining to lift heavy objects.

Hemorrhoids are not dangerous, and the problem can be corrected quite easily... One thing you can do to enable you to always have easy soft bowel movements is to eat plenty of fresh fruit and vegetables... You will also want to eat whole grain or bran cereals and bread... You will find that soaking in a warm bath will cause the haemorrhoids to shrink... As you do these things, your haemorrhoids will keep shrinking and will soon be back to their normal size...

Your subconscious mind and all levels of your inner mind are hearing and receiving these suggestions I'm telling you... Your inner mind is cooperating with the suggestions and directions you are receiving...

These suggestions and directions will enable you to have easy, soft bowel movements as you eliminate the waste products

and waste materials from your body regularly through the normal processes of your elimination system...

Being relaxed when you have bowel movements enables your entire elimination system to function properly every time you have a bowel movement... The relaxation and contraction of the proper muscles in your elimination system is continuing to function more perfectly each day, eliminating the waste materials from your body in an easy, natural way...

Notice how relaxed you are now... It's just as easy for you to have that relaxation in your entire elimination system... That makes it easy for the muscles to contract and relax properly to dispose of the waste products from your body softly and easily...

The normal processes of your body cause waste materials to be carried through the colon into the rectum where it is stored... As soon as it becomes full, your unconscious mind sends an automatic signal, letting you know you are ready to have a bowel movement... You are ready to cleanse the waste materials out of your body...

When you have that feel in...you will go to the toilet as soon as you can... The moment you sit down on the toilet seat that will be a signal to the round muscle which keeps your waste

valve closed... The signal will cause the round muscle to relax and become soft and flexible so it will stretch easily and comfortably, enabling you to eliminate the waste material from your rectum in an easy, natural way...

Any time your rectum becomes full, you will have the urge to have a bowel movement... As soon as you can after experiencing that urge, you will go to the toilet and will sit down and wait... As you do that, it will be a signal to cause your rectum to empty itself easily and comfortably...

The entire process will work in a natural way... When you go to the toilet and sit down on the toilet seat that will be a signal for your anus to relax and become soft and flexible, and stretch easily as it needs to... Your rectum will empty itself in an easy, comfortable way...

The only thing you need to do consciously is go to the toilet when you feel the urge to have a bowel movement... Your unconscious mind will cause your elimination system to function properly and cleanse the waste materials out of your body in easy, natural way...

Having easy, natural bowel movements is causing your haemorrhoids to keep shrinking until they are back to normal...

All of the processes and activities of your body are continuing to function more perfectly... That causes your health to keep improving... The improvement is progressive... You will be happy and very pleased to notice yourself continuing to feel better each day...

OVERCOMING SKIN RASH

As a result of you permitting yourself to be hypnotized, your skin is going to begin healing and the healing will continue and become smooth and flawless and perfect...

Your skin and your entire body are becoming stronger, healthier and more comfortable... Your circulation is improving, especially the circulation through the little blood-vessels that supply blood and nourishment to the skin...

Your heart is pumping the blood through your circulatory system more perfectly, and your circulatory system is carrying more nourishment to your skin... Your skin is becoming nourished perfectly, and is becoming healthier, more normal in texture, more flawless and more youthful... Your skin is becoming perfectly healthy and more perfect in every way...

As your circulation improves, your nerves become stronger and steadier... You can respond in a peaceful, loving way to every situation or circumstance in which you find yourself...

I want you to use your imagination now... Imagine you sitting there comfortably, feeling strong, peaceful, relaxed, calm and comfortable... See yourself as a loving, kind, person who is

compassionate and intelligent... Think of yourself as being capable of making decisions wisely and feeling confident in the decisions you make... See your skin becoming smoother, more flawless and more perfect... See the skin rash leaving your skin and floating off toward outer space... The rash is floating out so far that it is disappearing completely...

Now, I'd like to have you imagine yourself standing at a window, looking out into the distance, wondering what you will see and what you will feel. You can think of landscape scenes city scenes... You can think of flowers and trees... You can think of mountains... And finally you can think of yourself out in the woods, sitting by a beautiful stream of water... You are there all by yourself... You decide to remove your clothes and go into the water... It feels so refreshing... You suddenly notice that the water seems to have an ingredient that is causing your skin to achieve the final healing that was needed to make your skin clear and perfect...

Notice the feeling of confidence coming over you... Notice the sense of sureness, and the sense of knowing that your skin is healing pearly and permanently.

You will remain peaceful and calm at all times as you go about the activities of your daily life...

You desire, and choose and eat foods that are needed by your body... You eat foods and drink liquids that strengthen your muscles and bones, and cause your skin to become perfect and flawless...

Everyday your skin, your muscles, your bones and all other parts of your body keep becoming healthier and more perfect...

As the result of this experience, you are feeling more confident... You are feeling better mentally and physically... You are experiencing a strong sense of sureness and a sense of knowing that your skin is healing rapidly and perfectly...

OVERCOMING MIGRAINE HEADACHES

I want you to imagine that you are looking at a green screen... On the screen you can see the number 100... You are looking at the number 100 on the screen... Now let the number 100 disappear and move into an even deeper hypnotic state, Okay, you see the number 99 on the screen... After you see the number 99, let it disappear and you can become even more relaxed and peaceful... As you continue looking at the screen, you see number 98 appear, and you let it disappear. . As soon as 98 disappear, 97 show up on the screen... Now 97 is there... Let the number 97 disappear and watch for 96 to appear in its place as you continue relaxing even more.,. As 96 appear, you can see a green haze forming on the screen... 95... 94... 93... The screen has now become a beautiful deep green colour, and you are feeling more calm and more at ease... 92... 91... 90... The screen is now a beautiful deep green colour...

Take a deep breath now and let it out slowly... You will feel yourself relaxing even more as you notice the screen becoming white with a large number 90 on it... Now let the 90 fade away and it is replaced with the number 89... See 89 on the screen now, and as 89 disappears and changes into 88 the screen is becoming green again... 87... 86... 85... The screen is now an even more beautiful green than it was before... 84... 83... 82... You see the number 82 on the beautiful green screen... 81... As 81 disappear, you can barely see the number

80... The number 80 is very light, and now it is disappearing... All the numbers are gone now... The screen is fading away... The screen is disappearing as you continue relaxing more peacefully and calmly. .. (Pause for about minutes)

Now I want you to use your imagination again... This time I want you to imagine that you see yourself standing about five feet away... Notice how good you look standing over there... You look relaxed and free... You look healthy and strong... You look joyful and happy... You look as though you are full of vitality and energy... You really look wonderful... That is you standing over there... That is the real you... The real you are healthy and strong... The real you are full of joy and vitality... The real you feel energetic and vibrant...

Walk over to your body now... Move into your body and notice how good it feels... Notice how strong and vibrant it feels... From now on you continue feeling healthier, happier, and stronger each day... Every day you keep becoming more completely the (man/woman) you really want to be... You were created by the same Creator that made every other person on this earth... You are just as capable of living a free, healthy, really enjoyable life as anyone else...

Whatever needs to be done, you can do it because you are in control of yourself... From now on your own self-control will

continue increasing and becoming stronger... From now on you live your life in a relaxed way... From now on you remain calm physically mentally and emotionally...

Because you continue living your life in a more relaxed way that means your shoulders; your neck and your head stay relaxed and comfortable... Your spine from the bottom of your tailbone all the way up to where it attaches to your head remains relaxed and comfortable... Your entire body keeps becoming more relaxed and free...

When you are ready to go to sleep at night, you will close your eyes, inhale deeply and exhale slowly five or six times... You will easily drift into a deep, peaceful state of sleep... While you are sleeping, you will be relaxed and calm... You will rest easily, and you will awaken each morning feeling rested and refreshed... You will have lots of energy and vitality from resting as peacefully as you sleep...

As you are inhaling deeply and exhaling slowly each night, you will think these words to yourself... I am becoming very relaxed and calm... I am easily drifting into a peaceful state of sleep... I will sleep calmly throughout the night... When I awaken I will feel wonderful, and will take care of the activities of the day easily and calmly.

ELIMINATION OF MIGRAINE HEADACHES

As you continue relaxing, and without even realizing it, you continue feeling more comfortable and at ease... I'm wondering if you would like to have a really pleasant, surprising experience. It use for response.)

In just a moment I'm going to have you awaken from the hypnotic state, but you will awaken only Tom the neck up... Is that all right? (Wait for response.)

Very good.... In a moment, when I count to three, you will awaken from the neck up, and the rest of your body will remain in a deep, peaceful” hypnotic state... You will awaken for one minute, keeping your eyes open for one minute. And then your eyelids will become relaxed and your eyelids will close again, and you will move into an even deeper state of hypnosis...

One... You are awakening from the head up... Two... you can open your eyes now and your mind is alert... In one minute your eves will relax and close again, and you will be in a much deeper state than you were before.

After your eyes close and you are back in a deep, peaceful hypnotic state, I'm going to touch your right hand... Each time I touch your hand, you will notice it keeps becoming number... Nod your head when you become aware of the numbness beginning to develop in your right hand... (Keep touching the hand until client nods the head.)

Now I'd like you to notice that the skin on your right hand is very numb, and the numbness is moving into the bones... The ligaments and tendons are becoming numb... That numbness of moving into the nerves of your right hand... Your right hand is very numb now... Your right hand feels almost as though it is no longer a part of you... As you are aware of that feeling, you will nod your head again, (Pause until head nods.) (Pinch hand on the left side and ask client what you are doing.*)

(If client says,) "You are pinching me." (Say) "By that do you mean you feel the pressure of your skin between my fingers." too not mention the word pain.)

In just a moment I'm going to touch your arm... As soon as I touch your arm, the numbness in your hand will increase... Your hand will become ten times number than it is now, as soon as I touch you and... (Name)

{Pitch up hand with your finger getting skin on the back of the hand between your thumb and forefinger.)

Ask, "What does it seem like I'm doing now?"

(Wait for response. Then shake hand back and forth and ask again, "Now what am I doing?" Wait for response.) {Have client open higher eye and see that you were pinching with your fingernails.)

(Noir pinch the arm to show the client that the arm is not numb... Neo pick the arm to show that the other hand is not numb... NOTE; Do not pinch very hard, but as you pinch, tell client, "I'm going to pinch your arm now and you will notice that your arm is not numb... You will be able to feel it...Then pinch the other hand and any the more thing,)

Now, you are realizing that the subconscious and unconscious levels of your mind can produce changes in your body without any conscious effort by you... You didn't consciously do anything to make your hand numb... I merely put the suggestion into your mind and told you I would touch your hand...

Touching your hand was a signal... Each time I touched your hand, your mind caused your hand to keep becoming number... Your mind responded to the signal... Then I told you another signal... Touching your arm was a signal to increase the numbness even more...

I'm going to ask a question now... If the correct answer is yes, the finger next to your thumb on your right hand will raise up toward the ceiling... If the correct answer is no, (spell n-o), the little finger on your right hand will rise up toward the ceiling... Whichever finger rises, the finger will stay up until I tell it to go back down...

Is it okay for that numbness to transfer to your head ... As your mind reviews what has been causing those headaches and is working out the solution to the problem, and as your mind is working out the best way to get rid of those headaches completely, you are continuing to feel calm and peaceful... If it is okay for you to get rid of those headaches for now and forever, your yes finger will rise up toward the ceiling... If it is not okay, your no finger will lift up... (Wait for response.)

(If yes finger lifts up, proceed as follows... If no finger lifts up, go to place where it says, NOTE.)

Your subconscious mind has agreed to transfer that numbness to your head as it reviews what has been causing those headaches and works out the solution to get rid of those headaches completely... Lift your hand now and begin touching your head... As you touch your head with your hand, the numbness is transferring to your head... As the numbness goes into your head, the normal feeling is returning to your hand... Your head will remain numb as your subconscious mind is reviewing what has been causing that problem and works out the solution to heal you completely and get rid of those headaches now and forever...

Now feel that comfort, that still, quiet, rest and peacefulness all through your neck and head... You are experiencing a feeling of rest, a sense of comfort and stillness... All parts of your body are beginning to rest now, and you will soon be coming back to a wide awake, fully alert state, feeling much better than you did before you were hypnotized...

NOTE: Your mind has indicated that it would be better right now for the numbness not to transfer to your head... Evidently your mind needs more time to review what has been causing the problem, so even after you awaken from the hypnotic state, your mind will continue exploring what has been - causing that problem and your mind will work out the solution... In the meantime you will feel much better when you awaken from hypnosis than you have felt in a long time...

Your mind will soon understand what has been causing that problem and will resolve the problem in a way that is pleasing to you... When you awaken from the hypnotic state, all the normal feeling will be back in your hand.

DEVELOPING ABILITIES

Continue breathing easily and freely... As you continue relaxing peacefully, the unconscious levels of your mind are developing more realization of your capabilities... The unconscious levels of your mind are permitting your abilities to emerge in a wonderful and effective way... I don't know how, and you don't know how this expression of your abilities may occur, however, you do realize that it will be in a way that will be acceptable to your conscious mind...

As you continue to relax, you are becoming aware of all the possibilities available to you... The unconscious level of your mind is reaching deep within your spirit, and is retrieving all of those feelings of support, of love, and of creativity, which you have been developing since your soul came into existence...

The unconscious levels of your mind knows that you have many abilities and understandings that you can use to enjoy life more fully, because the unconscious level of your mind can enable you to develop creative ways of achieving every goal you want to achieve...

Your mind can show you a thought, a memory, an image or a sense of knowing, that at first seems unusual, but then you

will realize that it is the unconscious level of your mind letting you know what to do and how to do it... You are free in that way... It is natural for you to keep becoming more and more successful...

I don't know, and you don't know what the unconscious level of your mind knows, however, you can be sure it can work out the best way to enable you to find those thoughts, those new ways of getting things done, those memories of learning to meet your needs and achieve your goals....

The unconscious level of your mind will probably guide you to recognize and use your own experiences, your own reactions, your own ways of doing things, to enable you to accomplish the goals you want to achieve, and everything else that will be beneficial to you...

In a few moments, when you awaken from the hypnotic state, you are going to really enjoy what the unconscious levels of your mind will do for you... You will be pleased to discover your unconscious mind causing you to do what is necessary to achieve your goals.

You are learning rapidly to develop those skills and abilities that will assist you to continue advancing... You will use your

natural wisdom and knowledge to develop ways to do those things that will benefit yourself and others...

You decided to be hypnotized to assist you in developing your abilities... You will find this session will benefit you tremendously, however, you need to understand clearly that I'm not making you develop your abilities, and I'm not making you like to develop your abilities... You are developing your abilities because you have made the decision to develop your abilities and you already are capable of developing your abilities... However, you will not develop or use one more ability that you want to develop and use... You will make sure you do not develop or use one more ability that you want to develop and use...

You are getting ready now to come back to a state of normal alertness... I will count to five in a moment, and when you are ready, you will open your eyes and feel good about what you will be accomplishing.

DEVELOPING SKILLS

As I am talking to you now, there may be times when it seems like my voice is coming from a long distance away... There may be times when your conscious mind is so completely relaxed that you may not be aware of my voice, and that's okay because the unconscious level of your mind will continue hearing and receiving what I say, and your mind will make true everything I tell you...

I want you to pretend that you are walking along the beach near a huge lake... The lake is so big that you cannot see the shore on the other side... As you are walking along the beach, about a hundred feet in front of you, you notice an interesting glass boat... When you get close to the boat, you become even more curious... You notice a sign on the door that says, "Welcome Enter Here." You decide to enter the boat, and as you get inside, it begins moving away from the shore and is being carried out into the lake... You feel very much at ease as you are being carried by the gentle waves... The lake sparkles like a million diamonds in the sunlight... You are becoming even more relaxed as you feel the rhythmic, gentle movement of the boat as the waves are taking you further and further out into the lake...

Now you notice that the boat begins going down under the surface of the water...It's okay, because the boat is sealed tightly, and there is plenty of fresh air, so you continue breathing easily and freely... Each time you exhale, you continue becoming more relaxed, and you keep feeling more at ease... You are beginning to experience perfect peace of mind... You are calm and peaceful... You are feeling safe and secure...

The boat keeps going down, deeper and deeper into the lake... You watch with interest as the water rises above you and is circling around the boat...The water is so clear that you can still see the sky above you as you continue moving down deeper... You are in the boat, under the water, continuing to go down, until you finally feel that boat settle gently on the bottom of the lake... You can see all around you quite easily... The water is so clear, it seems as clear as the glass boat you are in...

Now that you are settled on the bottom of the lake, you look around, and you notice a cave over to the left... You move the glass boat into the cave, and go through a door that closes behind you... You discover that all the water is gone... It was drawn out of the inside of the cave automatically as the door closed... You get out of the boat, and you discover on the ground beneath you a large bronze handle... You take hold of the handle and pull... A door opens... You discover that the

door leads to a long stone stairwell, going down underneath the dry lake floor... You begin to go down the stairs, going down one step at a time, deeper underneath the floor of the dry lake... Finally you are at the bottom of the stairs and you find yourself looking around at a great cavern filled with beautifully coloured stalagmites and stalactites...

You wander through this cavern admiring the gorgeous walls that are glistening like jewels... You finally come to a long hall, and you continue your journey down the hall until you come to a large oak door over which is written: The Room of Talents, Skills and Abilities...

You enter that room and you realize that you possess immense talents, many skills, and numerous abilities, far more and far greater than you have been consciously aware of... Merely being in that room has the effect of causing your creative abilities to emerge... You already feel yourself improving...

Now that you are in the room, you become acquainted with your Master Teacher, who will give you instructions regarding ways to continue improving your talents, skills and abilities... The Master Teacher may speak words, or may communicate with you through feelings or through muscular sensations... The Master Teacher may have you practice old skills or may have you learn new talents...

However your Master Teacher chooses to teach you, the learning you experience will be thorough and effective... You are becoming more confident that your talents, skills and abilities are emerging... I will pause for a few moments now while you receive additional, important information from your Master Teacher...

(Pause about four or five minutes)

It is time to leave the room now... You will probably want to thank your Master Teacher for the information you have been given... You will be able to return to this place for further instruction as you need it...

Before you go, be aware of the beautiful, bright light shining down from the ceiling... That light is confirming that your talents, skills and abilities will continue improving... All of your talents,,, all of your skills and all of your abilities are a normal, natural part of you... You are realizing that fully now...

You are leaving the room now, closing the door behind you... You are moving through the hallway toward the glass boat... You are now going back up the steps... You have now reached the top of the steps, and you are getting into the glass boat... The door on the boat has closed, and the boat is moving

through the door of the cave... You are on your way back to the crystal clear lake... As the boat moves gently toward the beach, you can feel your talents, skills and abilities continuing to grow within you... You feel them throughout your entire being... You feel them in your muscles... You feel them in your nerves... You feel them in your ligaments... You feel them in your tendons... You feel them in every cell of your body...

The boat reaches the surface of the water, and is floating over to the shore... You are now getting out of the boat... You feel ready to come back to a wide awakes fully alert state...

You will stand up as soon as you can, ready to begin using your talents, your skills and your abilities... You will notice the improvement as you put your talents, your skills, and your abilities into action during the activities of your daily life.

MEDITATION

One of the most inspiring statements attributed to Jesus in the entire New Testament are the words: "The kingdom of god is within you."

Just think for a moment of the tremendous meaning contained in those seven words... The kingdom of God is within you.
(One minute)

Those words mean there is a power within you that can keep you strong at all times... They mean there is a source of wisdom within you that can provide you with guidance in every situation of your life...

Those words by Jesus also mean you have within you a source of knowledge which can free you from all confusion. Conflicts and can give you peace of mind and happiness...

Those words also mean that you have within you the transforming power of love... Your life can be enhanced by letting that love come through... The more you let that love come through in your daily activities, the greater inflow of love you experience coming into your own life... You can

give that touch of love to every challenge, and it will be easier to overcome...

Those words by Jesus also mean there is a good reason for meditating, because meditation is one way of getting your mind in tune with the kingdom of God within you...

Your inner mind can be compared to a radio; A radio will not produce music, voices, or any other sound unless it is turned on and tuned in to a broadcasting station properly.

The vibrations of energy that bring music and voices to your ears through the radio are flowing around you all the time, yet you do not hear those sounds until you turn on the radio and permit those vibrations to come through...

Think about this for a moment... Those vibrations are in the room you are in right now, whether you turn on a radio or not... In a similar way Vibrations of love, wisdom, healing energy and power from God are within you whether you tune your mind into them or not...

As Jesus said the kingdom of God is within you... It is there right now, and meditation is an excellent way of getting your

inner mind tuned into that tremendous source of wisdom and power...

So let yourself continue relaxing now as I give you some suggestions that will enable you to move to a level of awareness more conducive to meditation...

As I talk to you, it will keep becoming less and less important for you to consciously listen to my voice... You will begin feeling yourself drifting away, and you will find that drifting can occur quite rapidly...

You may soon drift into a state that is similar to a deep dreaming state, or a state much like the state you are in just before you go to sleep... Notice the music in the background as you continue drifting into a drowsier, more peaceful state of complete relaxation... (Pause one minute.)

As I talk to you now, it isn't important that you pay any attention to the words I'm saying. I will describe a scene which you will gradually accept, and you will soon feel yourself in the situation which I am describing to you...

You are continuing to drift into a deeper dreaming state, and you may begin having a feeling of Coating as though you are safely floating on a soft, fluffy, white cloud...

Without noticing it, you are continuing; to become calmer and relaxed... You are experiencing a feeling of peace and serenity; letting you experience and enjoy perfect peace of mind.

This is such a wonderful, pleasant, soothing experience, that you are becoming more relaxed, more calm, more peaceful, and more at ease, as you float gently and safely on your soft, fluffy, white cloud...

During the night, when you are sleeping, you can dream and in your dreams you can see, you can hear, you can move, and you can experience a variety of activities... In a similar way, you can now experience a variety of sensations that can be of great value to you...

As you continue drifting on a soft, gentle, fluffy white cloud, you may begin noticing a beautiful building off in the distance... The cloud is gradually carrying you toward that beautiful building... (Pause. You are gradually approaching the most beautiful building you have ever seen...

Your expectation is growing as you move closer to the building... (Pause.) You may soon begin noticing a sign in front of the building... It says: INSTITUTE OF UNIVERSAL KNOWLEDGE.

When you enter the building, you will find that conditions are perfect to enable your mind to be tuned in to God Consciousness, and you will be in direct contact with universal knowledge truth, wisdom and understanding...

You are gradually approaching the building at your own pace... There is no need to hurry... You have plenty of time, so enjoy this pleasant experience...

When you are inside the building, you may notice a variety of wonderful sensations... You may notice a wonderful aroma... You may notice a feeling of peace and contentment... You may be aware of pleasant warmth... You may sense a strong feeling of love, and a feeling of oneness with God...

Inside the building there are three large windows you may notice... There is one window that you can look through that will show experiences from your past, and will enable you to understand those experiences clearly... A second window reveals future events that can be of value to you... And a third window reveals the solution to problems, and answers to questions... The windows are there, inside the building, and

they are available to you when you enter the building... There are also a variety of rooms... There is a healing room... A room you can enter to improve your health... There is another room where you can go to develop artistic talents and skills... You will find another room where you can go to develop musical abilities... And there is a room where many people go to develop psychic abilities...

You may notice the Institute of universal knowledge door opening now, and you will be able to enter the building as soon as you are ready... (Pause for several minutes.)

Now you are getting ready to leave the Institute of Universal Knowledge... You are gently floating toward the door where you entered the building... You are leaving the building for now, knowing that you can go back in the future any time you desire to do so...

You will soon be coming back to a wide awake, fully alert state; however, before you come back to normal awareness, I want you to review the experience you have just had... Feel yourself in perfect harmony physically, mentally, emotionally, and spiritually, in this world where all is one, and where you are one with all that is.

PSYCHIC DEVELOPMENT

One of the most important lessons you need to understand with regards to psychic abilities is the fact that being psychic is not a gift; it is a talent that can be developed by anyone who desires to do so, and is willing to put forth the time and effort required to develop psychically...

Psychic abilities are like any other ability; they can be developed... Learning to write is not a gift... It is an ability that has to be developed... The same is true of learning to walk... We are not born with the fully developed ability to talk... We must learn to play a musical instrument... If we want to be an athlete we must work at developing athletic skills...

It requires practice and effort to develop any ability, including psychic abilities...

Many people seem to believe that some secret formula can be given to them, and they will suddenly have psychic abilities... That is not true...

In a few rare cases, I have hypnotized people and they have immediately displayed outstanding psychic abilities... That

doesn't happen very often, and when we study the history and background of those people, we discover that their psychic abilities did not suddenly develop like magic... We discover that they have been in the process of developing these abilities for many centuries, through experience and knowledge they have accumulated during previous incarnations... Hypnosis has merely provided them with the proper state of mind that permitted their previously developed abilities to emerge...

After many years of research, I found that everyone has the capability of developing psychic abilities... However, most people are not willing to put forth the effort required to do so...

If you wanted to become an accomplished musician, you would need to take lessons, and you would need to practice an hour or more each day in order to achieve your goal...

The same is true if you want to develop psychic abilities... You will need to devote time each day, studying, practicing, and doing what necessary to attain the goal you are seeking...

There are three main conditions that seem to be important in developing and controlling psychic abilities:

Psychic experiences can be expected when all three of these conditions are fulfilled at the same time: 1... First is the attainment of a special state of consciousness... 2... Second, is believing and knowing that you are capable of developing psychic abilities... 3... Finally you must be in the proper mood to enable the experience to occur...

The special state of consciousness needed for higher sensory perception to operate is a state in which conscious thoughts can be set aside, and the mind can be isolated from external sensory impressions... Having soothing music playing in the background and concentrating consciously on the music can often enable one to achieve this special state...

It isn't easy to achieve this state, because the normal tendency for our conscious mind is to be thinking... Even if we think we do not want to think, we are thinking about not thinking...

Hypnosis is one of the best methods available for achieving this state, so I'm going to give you suggestions now that will enable you to learn to achieve the hypnotic state of reclamation, and enable you to achieve mental relaxation...

INDUCTION: (Begin background sounds.)

You may desire to continue moving into an even deeper state as I talk to you, and give you instructions that will enable you to hypnotize yourself... You will find that the more you practice this technique, the more efficient you will be...

In your mind you can go anywhere you wish... You can go into any type of situation... You can do anything you want to do consciously... You don't even need to listen to my voice, because your unconscious mind will hear everything I say... There is nothing important for your conscious mind to do... All of these activities are controlled by the subconscious and unconscious levels of your mind... You will begin to experience an image that be described with just one word... That image will be the best one of Abu to use as a way of going into an altered state of consciousness...

You will soon become aware of that image... You may see the image, or be strongly aware of what it looks like... Tell me the image when you become aware of it..... (Pause)

You will become so efficient in using this method to hypnotize yourself that you will be able to close your eyes, think the word in your mind, and see “the image, or be strongly aware of what it looks like... When you do this, you will be able to go into a hypnotic state immediately...

As you listen to the soothing sounds in the background, you are continuing to feel more peaceful... Think of that image now, and you will keep noticing it more clearly... As you look at in» of the image) you will continue moving into a deeper hypnotic state... You are feeling the sensation of deep, restful sleep, but your mind is still aware of my words as I continue talking to you...

Gradually that image is fading away... You feel yourself beginning to drift away... You will notice that drifting can occur quite rapidly... As you drift away, it is becoming less and less important for you to concentrate on my voice... You can experience progressively -- more and more wonderful sensations...

You are drifting across an open field toward a beautiful forest of trees, flowers and birds... You may become aware of the aroma of pine as you are drifting peacefully into the woods...

The birds are singing, and the path in the woods is descending slowly downward... You continue moving into a deeper hypnotic state... It is getting darker as you go more deeply into the woods... It is a very comfortable darkness, and you notice a luminous glow on the path ahead of you, enabling you to follow the descending path easily... (Rise)

You are now in a very deep level of hypnosis, and you will be able to go back to this level again, whenever you want to do so... You can go to this level at any time you desire, merely by thinking of the word – image (Say the name of the image)

Your inner mind understands that you will never become hypnotized except when you make a conscious decision to be hypnotized... You can only go into a hypnotic state when you want it and intend it...

Any time you want to be hypnotized all you will need to do is get yourself into a comfortable position then close your eyes and think the word image (Say the name of the image)

When you are ready to bring yourself out of the hypnotic state, you will count slowly from one to five, and you will always come back to a wide awake, fully alert state, feeling rested, refreshed, healthy, strong, and full of vitality...

You can continue relaxing more now as I give you some instructions that will assist you in the development of your psychic abilities...

This is a method you will be able to use each night just before you are ready to go to sleep...

When you are in bed and ready to go to sleep, you will simply, think about a question you at answered... Think to yourself: "I want my inner mind to give me the answer clearly and vividly...

You will want to have a pencil and paper, or a tape recorder next to your bed so you can record the answer when you receive it during the night...

Then let yourself fall asleep with the question in mind, and you will discover, after a little practice that the answer will come to you; perhaps in a dream, or you may discover that you can sit down and write the question the next morning, and then as you think of the possible answer, start writing what you think it might be, and you will often find it will come to you clearly as you write...

It may be necessary to repeat this procedure for several nights, but if you are patient and persistent, you will be remarried for your effort...

If you combine your question with the thought that you will awaken so you can record the information after you have a

revealing dream, it will help you to remember it more clearly when you awaken...

Another way to receive information when you hypnotize yourself is to imagine that you are looking at a movie screen, and tell yourself you would like to see the answer to your question projected on the movie screen...

It is important that you do not try to force anything to happen... Just let you relax and let it happen...

To give your mind a signal to know when to respond, think to yourself: "I'm going to count back from one-hundred...As I'm counting, I will continue relaxing more, and the numbers will keep fading away... As soon the numbers disappear, I will begin seeing the answer to my question..."

The same technique can be used to see future events, except when you want to see future events, you can give yourself the suggestion that when the numbers disappear you will be looking through a telescope that is projected toward the future...

The objective is to isolate your mind from the surrounding world, focusing your attention only on the object of your interest...

As you continue practicing these exercises, you will keep achieving greater isolation during the time when you are in the hypnotic state... You will gradually become less aware of the sensations of your body... Your attention will be able to focus completely on the object of your concentration...

Remember, that in the development of your psychic abilities, you must be patient and persistent... Do not try to nit the results... Be patient and wait for the impressions to come to you automatically.

COMMUNICATION WITH YOUR COUNSELLOR

Breathe deeply and slowly again about five or six times and imagine of pure energy coming into your body each time you in ales... energy is circulating with you, increasing your relaxation and comfort...Sense the feeling peacefulness you are experiencing....Notice the feeling of security and calmness....

I want you to use your imagination, now... Imagine yourself entering a beautiful office building... Your Master Counsellor Us in that building waiting for you... You will either see him' when you get inside, the building, 'or you will sense his presence, and you will introduce yourself... Tell the counsellor's your name, and find out your counsellor's name... The first name that comes into your mind... Tell me the. Master Counsellors' name as soon as you know it. .. (Wait for response.)

In the past you'd your counsellor haven't communicated very much... Now your counsellor realizes you need some guidance and he is willing to help you more in the future.

If you feel childish or immature talking to your counsellor in this way, let him know that you have some doubts about whether this is going to be helpful to you or not... If you sincerely wait your counsellor's help, one of the fingers on

your right hand will raise up toward the ceiling, and your finger - will remain up until I tell it to go back down...

You and your counsellor both realize that the relationship between a client' and counsellors are comparable to any friendship... It takes time for feelings of mutual trust and respect to develop....

Since your counsellor for just a reflection of your inner self, you understand that your counsellor knows everything about you, and know how to work out the solution to any problem that ever comes up in your life... In the future, any time you need help with any problem, your counsellor can review and examine what in causing the problem and work out the solution...

If that is correct, one of the fingers on your right hand will raise up toward the ceiling... Otherwise, one of the fingers on your left hand will mite up toward the ceiling...

I want you to think about the problem you are wanting help on today... Your counsellor is reviewing that } problem view and is assessing what happened to cause that problem... Your counsellor is understanding the problem clearly, we are working out a solution so you will get rid of that problem in air easy, natural way...

Remember, your counsellor is your inner self, and knows everything there is to know about you... However, there are times when he/she feels it is not best for you to know about it consciously at that time... So the information may be withheld from your conscious mind until your counsellor feels you are ready to know... At any time this happens, ask your counsellor what you need to do to have this information come into your conscious mind... Your counsellor will usually show you what you need to do...

You are understanding now that you can contact your counsellor anytime you have a problem that needs to be solved... You are also realizing that each time you make contact with your counsellor the communication will flow more smoothly and more easily...

In a moment this experience will be concluded for now, and you will be listening to my voice to receive additional information that will be helpful to you... I'll be talking to you again, and when I talk to you next, you will be ready to receive the suggestions that I tell you and you will put them into

You are... (Go to a prescription that fits probating the client is working on)

CONSULTING THE WISE ONE

Your awareness is continuing to narrow down and you will soon be hearing only my voice speaking to you... There may be times when you are also aware of certain parts of your body... For example, you may notice the pleasant warmth flowing through your stomach... Notice that your stomach feels soothing and restful...

There is no time, nor is there any space, where you are... You are becoming more and more aware of 'hearing only my voice and the soothing sounds coming from the tape player... Other sounds and noises keep fading away more and more... Later, when you awaken from the hypnotic state you will be able to hear everything in a normal, natural way... However, at the present time you are becoming more calm and more, case...

There is zero here... There is no now... It no longer matters whether time is space or Space is time, or whether there is here, or now is then, or here is, then, or where now is, or where now was... In fact your awareness of your body is fading away and will soon be gone... You will be hearing only 'tatty' voice speaking to you...

You are beginning to experience perfect peace of mind... You are becoming pure in mind... You are pure awareness, pure consciousness... You are listening only to my voice... Awareness of your body is fading away... Your body still exists, and your, body: will continue functioning without you needing to be aware that it is functioning... Every part of your body keeps doing its work properly, taking care of all the necessary performance perfectly...

Your subconscious mind and all levels of your inner mind are listening only to what is being said by me... You understand that from the very beginning of the existence of your soul, your mind has been receiving all kinds of information... Your mind has been accumulating immense amounts of knowledge, storing ideas, symbols, thoughts, beliefs, and opinions...

Your subconscious mind and all parts of your inner mind have been creatively processing this information, without' any conscious effort by you... So the fact is you really possess great amounts and outstanding varieties of knowledge, for beyond' what your conscious mind has been aware of knowing... Your subconscious mind along with the other levels of your unconscious mind can attune itself to any part of this knowledge needed to work out solutions to any problem, you ever experience...

Continue main into an even deeper stare-now, and be aware that one of the 'symbolic forms within as that is 'capable of bringing you this knowledge -is collect the "Wise One." The Wise One does exist within you, and can bring any knowledge 'needed into your awareness...

Your conscious awareness is narrowing down even more now and the Wise One is informing you that you are one of the most powerful creative forces in the universe... The wise one is also letting you know that creative energy is ready to flow through you; that tremendous power surrounds you at all times...You can use that information at any time you desire to do so...

You are becoming! more calm and peaceful, and you are feeling more at ease as you are moving up and up along a road leading to a beautiful cabin in the mountains... When you arrive at the cabin, you will relax and the Wise One will be able to speak to you at the highest level of development you 'have ever attained.

You are continuing to move toward the cabin... You are feeling more confident and stronger as you go...It may seem unusual, yet the higher you go into the mountain, the more relaxed you are becoming...You continue moving into a calmer. May be peaceful hypnotic state....

Occasionally through the trees, you see the cabin you are going toward... It's a fairly large cabin... You are amazed to see that the bark has been trimmed off all the logs, exposing a beautiful yellow colour... As you move closer to the cabin; you are feeling yourself drawn more strongly to a closer contact with the Wise One... You are at the edge of the beautiful yard and you will soon be moving onto the porch of the cabin... You are on the porch and you are ready to go through the door... You are amazed at the beauty of the furnishings... The colours are coordinated perfectly... It all looks extremely luxurious and comfortable... You sit down in a soft, comfortable recliner and you lean your head back, you close your eyes... You are getting ready to listen to the wise one speaks...

You are aware that you can ask the wise one anything you want to ask... You want to ask questions that will provide you with answers that will benefit you the most...

In a moment, I'm going to leave the room for a brief period while you consult with the Wise One concerning those important questions you want answered concerning your life, your goals, and the best way to achieve those goals... You will begin conversing with the wise one right now as I leave the room.... (Leave the room for about five minutes)

(When you return to the room say,) you have had time to consult with the wise one, and I'm sure that you discussed some very important information about your life...In a moment I'm going to count to five for you awaken from the hypnotic state...When you awaken, you will remember everything that has happened that is important to you...You realize that you have been exploring a source of important information and insight, and you will consider carefully and wisely all the knowledge you have brought into your conscious mind and are bringing back with you when you awaken from the hypnotic state...

The purpose of this session has been to enable you to make use of your entire mind...You are making use of the entire range of your potentials...You are aware of what is being said to you, and from now on you will be able to function more and more according to that understanding ...You realize that your inner mind is a part of you...And you will use your inner mind to serve you, and to provide you with guidance that will enable you to live your life in greater harmony and efficiency....

When you awaken from the hypnotic state your body awareness will be comfortable, and your awareness of your body will be normal and natural.